Get into the summer mood with some of these fundraising ideas

1. Capture the beauty of summer and hold a sunset photography competition. Pay to enter or donate to vote for your favourite photo.

2. Challenge friends and colleagues to a skipping contest. Make a video recording of your efforts. Whoever skips the most in one minute wins!

3. Throw an afternoon tea garden party. Have some cake, coffee and a catch up with friends and colleagues. Donate the price you’d expect to pay for a slice of cake.

4. Go Skateboarding Day is on Tuesday 21 June, so a perfect date to get sponsored for a skate!

5. Host a class such as yoga or bootcamp. Charge a small fee for people to join the session!

6. Ask your colleagues to take part in a sponsored leg wax - what’s a little bit of pain for a good cause?

Thank you for helping to make breakthroughs possible.