

Be Bold in Blue Fundraising Ideas

Multiple
Sclerosis
Trust

MS



Everyone loves cake!

Have a cake sale or host your own coffee morning with friends.



Take on a challenge

Lots of challenges to get involved in around the UK, how about a bike challenge on an exercise bike - pedalling from your location to our offices in Herts.



Dye your hair blue

Dye your hair blue or order one of our blue wigs from mstrust.org.uk/blue or why not shave it all off!



Hold a Be Bold in Blue collection

Get your family and friends involved and organise a collection at your local supermarket or town centre for a few hours, and just see how much money and awareness you can raise.

We're here to help! Please do get in contact if you have any questions or need help planning your Be Bold in Blue fundraising, email us at fundraising@mstrust.org.uk or call 01462 476707