

#CFYelfie

**Cystic  
Fibrosis Trust**

Wear  
**Yellow**  
Day

**Are you ready for  
Wear Yellow Day?**

Your quick how-to guide  
for organising your very own  
yellow-themed fundraiser!



Fighting for a *Life Unlimited*

# Need some ideas?

We've put together a few tried and tested ideas to help you throw a successful yellow-themed fundraiser.

**1**

## Wear Yellow Day

Have a yellow-themed day at work or school - think loud ties, silly hats or even just colourful socks!



**2**

## All things yellow quiz

Steer your questions around all things yellow, and have the quiz master wear his sunniest outfit.



**3**

## Yellow bake off

Bake your favourite cake and have a yellow bake sale!



There are plenty more ideas in our 101 fundraising ideas booklet. Take a look!

**4**

## Yellow guessing games

Guess the weight of the yellow cake, the name of the yellow teddy or the number of yellow sweets in the jar.



**5**

## Fun & games

Create your own games. What about collecting 10 yellow facts, finding out which flags contain yellow or doing some yellow arts and crafts?



**6**

## Auctions and raffles

Ask friends and family to donate prizes, and ask your Community Fundraiser for help.



**7**

## Bags of fun

Get involved with your local community by arranging a supermarket bag pack.



# On the day

Find and wear something yellow. It can be something as simple as yellow socks or you could go all out and wear a banana suit!



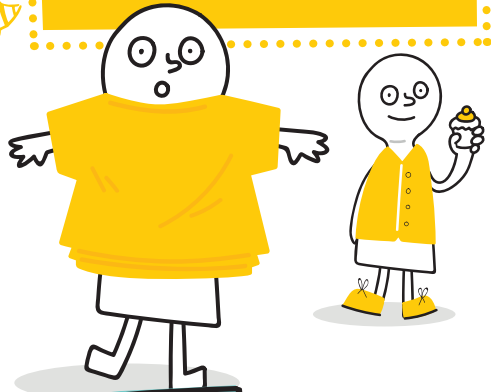
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Take a selfie in your yellow outfit

+

Post it to Twitter, Facebook or Instagram using the hashtag #CFYelfie

Text **YELLOW** to 70500 to donate £5 and help us beat cystic fibrosis for good. 100% of your donation goes to the Cystic Fibrosis Trust.



Don't forget!

Challenge your friends to get their yellow on!

Check out some of our favourites from previous years for inspiration in the gallery at [cysticfibrosis.org.uk/yellow](http://cysticfibrosis.org.uk/yellow).



[cysticfibrosis.org.uk](http://cysticfibrosis.org.uk)

# Cystic Fibrosis counting on your support

Here are just some of the ways that your fundraising could help.

£12

could help a young person with CF transition from primary to secondary school by paying for a support pack to help parents and teachers through this stressful time.

£104

could provide life-sustaining medication for a year for someone with cystic fibrosis by covering the cost of a year of prescription charges.

£250

could enable someone with cystic fibrosis to meet the cost of undergoing assessment for a lung transplant at one of the five transplant centres in the UK.

£750

could help ease the financial burden on a family coping with loss. We offer grants to support families facing the cost of paying for a funeral for someone with CF who has died.

For Events and fundraising enquiries  
contact our Fundraising Support team:  
t: 020 3795 2176  
e: [events@cysticfibrosis.org.uk](mailto:events@cysticfibrosis.org.uk)