



Summer of Sport

Your Fundraising Pack

 age Scotland

Welcome to the team

Thank you for choosing to fundraise for Age Scotland.

We are the Scottish charity for older people.

Our vision is that no one in Scotland faces the challenges of older age alone.

Summer 2026 has been dubbed the ‘Summer of Sport’, and Scotland is buzzing with excitement.

From participating in the World Cup for the first time in 28 years to the Commonwealth Games taking place in Glasgow, there are plenty of sports for you to get excited about in Scotland this summer.

We have plenty of useful tips and sport-themed ideas to inspire you to fundraise and raise vital funds for older people. Whether you’re a football fan, love summer sports, or just enjoy a bit of fun, this is the pack for you.

With your sporting spirit, we can support older people across Scotland together.



We're here for you



Email:
fundraising@agescotland.org.uk



Call:
03330 15 14 60



Visit:
age.scot/fundraise

With your help, we can support more people like George

George* contacted our Age Scotland Adviser to ask about financial support he could be entitled to. He had to stop working a few months before this due to a deterioration in his health. George had enjoyed his job and chose to continue his work beyond pensionable age, so stopping work was difficult for him.

He was now finding things quite difficult without the additional income from employment.

Our adviser also spoke to George about his health and need for support. George initially downplayed how much his health was affecting him, but then opened up and explained some of the difficulties he had been having. Our adviser recommended that George apply for Pension Age Disability Payment. George was sceptical that he would qualify for any support, but decided to submit an application with the help of our adviser.

Following the assistance that our advisor provided, George's annual income increased by £15,739.

“It feels like there’s been a big weight lifted off my shoulders. I’ve got a bit more quality of life now. I was glad to speak to a nice person who was understanding and civil. The advice was great, and I was very grateful for the help I received. I knew I would be entitled to some benefits, but had no idea where to begin and would not have been able to complete the forms without your assistance.” George, 70



*Image and name changed for privacy purposes



Fundraising ideas

There are lots of ways to fundraise for Age Scotland. Here are a few suggestions:



Host a sports quiz

For a small donation, put your knowledge to the test and challenge your friends, family or colleagues to crown the ultimate sporting quiz master! Swot up on all things World Cup, Team Scotland and summer sports in this brand-new quiz.

[Download Age Scotland's own sport quiz here](#)



Guess the goals

Guess how many goals are going to be scored during the World Cup! You can customise this to suit you; from guessing only Scotland's goals per game, to the total goal count throughout the tournament, there are lots of opportunities to guess a winner.

Charge a suggested donation per guess.



Office Commonwealth Games

Age Scotland is on hand with sport-themed activity ideas that anyone can pull off with office supplies. Set up a JustGiving page and organise a fun-filled afternoon or full day to host the games complete with a medal ceremony at the end.

[Download our guide and bespoke score sheet here](#)



Host a charity football match

Bring your community together with a charity football match. Whether it's colleagues, friends, or local teams taking to the pitch, a match day is a fun and inclusive way to raise vital funds.

From ticket sales to sponsorship and refreshments, every goal scored helps support our work.

Go the extra mile for Age Scotland

Whether in the gym, at home, or out in the Scottish countryside, check out these challenges where you can rack up the miles for Age Scotland. Choose your distance to walk, cycle, row or run, and ask your peers to sponsor you!

Laps of Hampden Park

Imagine you are standing in the middle of the National teams home at Hampden Park. Now, imagine walking 400 laps! Challenge your team to collectively walk 85 miles, the equivalent of 400 laps of Hampden Park's football pitch. That is just over 3 marathons!

SEC Arena to Age Scotland HQ

The Scottish Event Campus is host to many of the Commonwealth Games events this summer, so there is no better place to set off your challenge! Have a go at covering the distance between the SEC and Age Scotland offices in Edinburgh, totalling 49 miles.

Walk the Premiership Grounds

If you're feeling ambitious, take a trip around all the Scottish Premiership grounds, finishing at Hampden Park – totalling 150 miles. We estimate that this is a total of 300,000 steps which you can split between your team.



Top Tips for organising an event

We recommend setting up a page via Just Giving by visiting www.justgiving.com/charity/agescotland and click 'Start fundraising'

Pick a passion

Get your friends, family, and community together to raise funds for older people. Plan something you will enjoy yourself, if you're having a good time so will everyone else!

Do your research

Choose how you'd like to raise funds and get researching! Find out what costs might be attached to your event, and how much people have raised in the past with a similar event.

Set a budget

Once you've decided how much you'd like to raise, divide that amount by 4 - this is your maximum spending budget

Location

Look for places that might offer a space for free or at a discounted rate.

Talk to us

Share your plans with the Age Scotland fundraising team, and we will provide branded items, tips and advice.

Extra add on's

Have fun activities to do at your event that are low price points so friends and family can add on, such as a slide the coin to the bottle, a photobooth, or raffle.

Spread the word

Share your event far and wide; on social media, through printed posters on community boards - even on your out of office message.

On the day

Take photographs and post on social media, tagging Age Scotland. Encourage your guests to do the same.

Thank you

Let your guests know how much was raised and thank them for supporting your event.

Take a swing at hosting your own Golf Day

Golf days are great fun for players of all abilities and create a meaningful difference that lasts far beyond the final putt.

There are lots of ways you can raise money for Age Scotland at your golf day:

Save cash

Ask your local golf club to waive the fee for catering or booking the course, less costs means more money raised.

Entry fee

Charge participants an entry fee to the event.

Sponsor a hole

Ask local businesses to donate in exchange for sponsoring a hole and using their logo on your invites.

Mini games

Donate to take part in an extra mini challenge when golfing, such as competing for the nearest to the pin.

Raffle

Host a raffle once the golfers return for an extra bit of fun

Spectators

Invite friends and family along and get them involved with fun challenges such as 'guess the number of tees in a jar'

Top Tips

Decide how you are going to promote the event and finalise the key details: What? When? Where?

If you are unable to organise a golf day, consider getting sponsored to take on a golf-themed challenge, such as playing 100 hours in 24 hours!

Top Tips on hosting your Golf Day

Our valued partner, Lothian Buses' share their top tips for organising your own golf day.

“Our Golf Day always stands out due to engagement from colleagues, partners and suppliers. It’s become a staple in the Lothian calendar, all while helping us raise vital funds for Age Scotland.”

Karen Keith, Senior Communications Officer, Lothian

Think about the experience

It’s important to think about the overall experience for participants.

Light refreshments, individual competitions on the course (e.g. Nearest the Pin), raffles or a prize ceremony can help create a fun atmosphere and boost fundraising on the day.

Talk about the cause

Clearly communicate you’re supporting Age Scotland to participants throughout the event, as this can really motivate people to get involved and give generously.

Plan ahead

It can be a challenge to find the right golf course and availability can be particularly tight, especially in summer. Giving yourself plenty of time helps with securing sponsors, promoting the event, and encouraging teams to sign up.

Supporting colleagues

We have an ageing population which will mean an ageing workforce is inevitable. It’s vital that businesses understand their own responsibilities to better support their colleagues.

Believe in your team

Never underestimate your own people - we’re constantly impressed by how they rally round a cause, particularly one that resonates so strongly with everyone like Age Scotland.



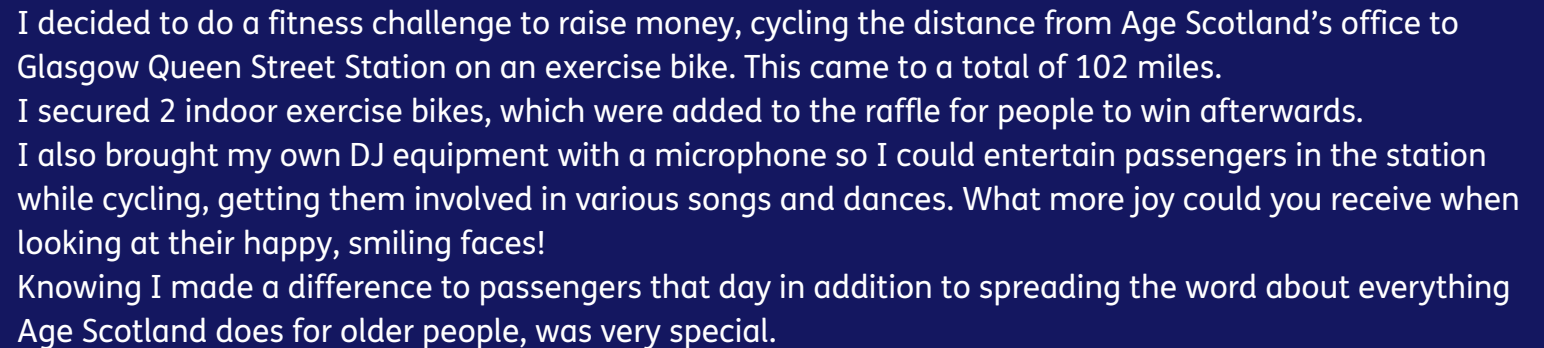
On Yer Bike! Host your own Cycle-A-Thon

Raise vital funds by organising your own cycle-a-thon!

Source an exercise bike and set an individual or team pedal challenge to reach a certain number of miles by the end of the day or week. Or, if you fancy a bit of competition between your peers, split into teams and race against each other to reach your final target distance.

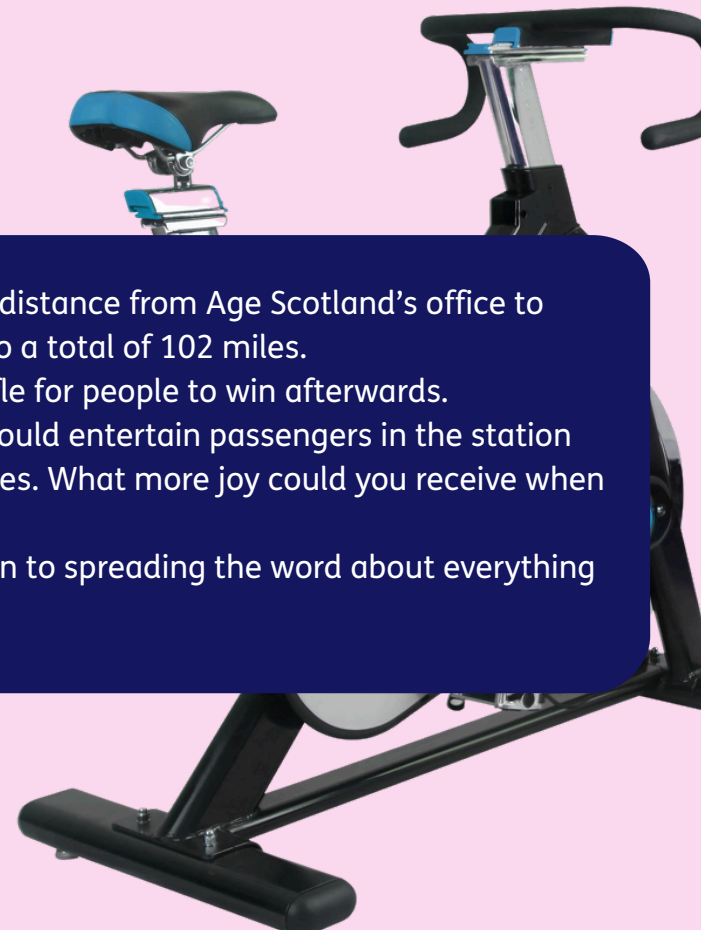
Raise money by charging your team to jump on the bike, collecting donations from cheerful supporters, or host your own raffle.

Hear from Sean a ScotRail employee, who organised his own Cycle-A-Thon in the middle of Glasgow Queen Street Station to raise money for Age Scotland



I decided to do a fitness challenge to raise money, cycling the distance from Age Scotland's office to Glasgow Queen Street Station on an exercise bike. This came to a total of 102 miles. I secured 2 indoor exercise bikes, which were added to the raffle for people to win afterwards. I also brought my own DJ equipment with a microphone so I could entertain passengers in the station while cycling, getting them involved in various songs and dances. What more joy could you receive when looking at their happy, smiling faces! Knowing I made a difference to passengers that day in addition to spreading the word about everything Age Scotland does for older people, was very special.

Sean, ScotRail employee



Hit your goals and make a big difference

We recommend setting up a page via Just Giving by visiting www.justgiving.com/charity/agescotland and click 'Start fundraising'

1

Start early

No time like the present! Setting up your page right away helps you get organised and ready for the challenge.

2

Make it personal

Share your story and motivation for fundraising. Remember to add your picture to your fundraising page. Why not pose in your new Age Scotland t-shirt when it arrives in the post?

3

Fundraising goals

Setting a fundraising target will inspire your donors to help you get there. And if you start getting close, you can always increase it.

4

Show your progress

Think of your fundraising page like your social media. Keep the updates flowing with lots of pictures. And make sure you share your page far and wide.

5

Kick start your fundraising

Get your fundraising started with a donation to yourself. Your supporters will love your dedication and may try to match your own donation.

6

Say thank you

Remember to reply directly to donations on your page to let donors know how much their support means. 20% of donations land after the challenge is complete!

Materials to help you reach your goal

From banners and buckets to balloons and stickers, we've got lots of helpful resources available to order to make it as easy as possible for you with your fundraising.

Bunting

Event posters

Collection can or bucket

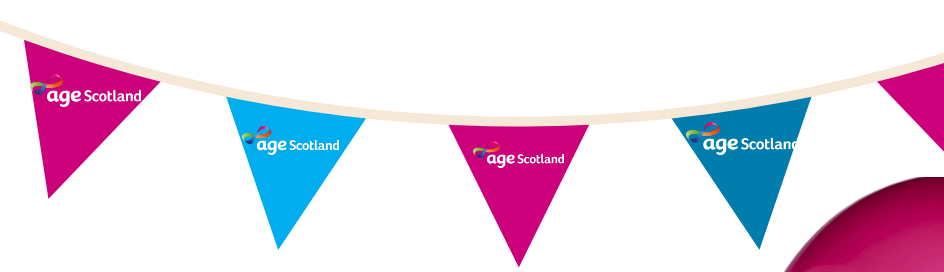
Balloons

Donation forms

Badges

Social Media graphics

Info guides



Tick the **Legal Boxes**



Licenses

Make sure your fundraising event has the correct licences and permissions. You can contact us for guidance, reach out to your local authority, or check the fundraising code of practice for more information.

Food Safety

Food hygiene laws apply to bake sales and to any food sold or distributed. Check here for guidance: [food.gov.uk](https://www.food.gov.uk)

Gift Aid

If you're a UK taxpayer, you can make your donation worth 25% more! Make sure friends and family are aware when filling in a paper sponsor form, as it needs to be filled in correctly to enable us to claim the gift aid.

Raffles & Small Lotteries

Make sure you're up to speed with the rules around raffles. To check what's allowed, visit [gamblingcommission.gov.uk](https://www.gamblingcommission.gov.uk) or contact your local council.

Pay in your money



Online

Pay in a collection or make a personal donation at age.scot/donate

Please remember to add a note if you have been fundraising so we can send the correct letter of thanks and a certificate.



Match Giving

Does your employer offer match giving?

Some companies match what you have raised or up to a certain amount, so it's worth checking to see if your employer does too.



Cash

If you have cash to pay in, that's great!

Please get in touch with the fundraising team; they'll email you our bank details and your unique reference number.



Post

Send a cheque and cover letter to:

Age Scotland
160 Causewayside
Edinburgh
EH9 1PR



Telephone

Donate by calling the fundraising team:

03330 15 14 60



Other ways to get **involved**

Join

Become a member of Age Scotland and join a movement that is dedicated to making life better for older people. It's free and open for groups, organisations and individuals who support our vision and work. www.age.scot/membership

Donate

Our work would simply not be possible without the generosity of our supporters. Donations of any size are vital in supporting Age Scotland and the individuals and groups we serve. www.age.scot/donate

Leave a gift in your Will

More than half of our donated income is from gifts left in Wills. Leaving a legacy to Age Scotland is easy and will have a lasting impact on the services we offer older people. www.age.scot/legacies

Fundraise

From adrenaline-fuelled and endurance events to organising your own challenge, bake sale or charity night, there are countless ways to help raise vital funds and support our work. www.age.scot/fundraise

Volunteer

From Collection can collectors to supporting fundraising events, there are lots of highly rewarding ways to make a difference to older people's lives. www.age.scot/volunteer

Get in touch

We'd love to hear from you.

Share your fundraising plans with us!

Email: fundraising@agescotland.org.uk

Tag us @agescotland on social media

Together, we can cheer you on every step of the way.



Scan to
find out more



age.scot/fundraise



WE'RE COMMITTED
TO GOOD FUNDRAISING
goodfundraising.scot

 **age Scotland**