

EVENT IDEAS

ClimbUP	2
Early Bird Incentives	3
Lip Sync Battle	4
Apples Against Humanity	5
Silent Auction	6
Online Tutorial/ Lunch & Learn	7
Virtual Cooking Class	8
Gift Card/Wine Survivor	9
Mystery Gift Cards	10
Trick or Treat Pledge Info Drop Off	11



United Way
Southern
Vancouver Island

IT'S TIME TO SIGN UP FOR ClimbUP 2021!

Hike, run or walk your way through United Way Southern Vancouver Island's **10-day Challenge from September 23 to October 2, 2021**. Get your steps in and make them count for others. Funds raised will help individuals facing mental health challenges on Southern Vancouver Island.

It doesn't take much – just 5,000 steps a day for 10 days – that's 50,000 steps in total.

Your participation will provide counselling, peer support, and outreach services on Southern Vancouver Island through the United Way's Blue Love campaign for mental health.

Join as an individual or build your team, choose a name, and set a goal. [Register your team today!](#)



ClimbUP Quick Points

- ClimbUP is an easy-to-execute initiative
- The ClimbUP Challenge takes place September 23 – Oct 2
- The challenge is to walk 50,000 steps in that 10-day period which equals 5,000 steps a day
- Participants can register as individuals or form teams to generate fun, friendly competition while fundraising to support mental health
- Once registered, each participant/team receives a Qgiv dashboard to track donations and receive participation badges and information about the impact they are making
- Anyone may sign up for ClimbUP and receive the Qgiv dashboard & MoveSpring App - to take part in the ClimbUP Challenge they must raise a minimum of \$100
- Once registered, each participant will sign up with MoveSpring, a free step tracking app.
- MoveSpring tracks steps, has a chat function that is fun to use to encourage colleagues, set up walking dates, accept challenges, receive badges and more
- The steps may be completed in 10 days or all at once, it's entirely up to the participant
- All the registering, tracking is done online so it is just adding enthusiasm from yourself and team!
- Encourage participation by talking about the link between physical activity & mental health
- Teams can have fun – host fund raising events, share pictures in social media and tag UWSVI
- Encourage family & friends to take part in your teams – all steps count except sorry, not your dogs [lol this one is for your Deirdre]!
- Explore the many parks & trails in our area: we have links on the ClimbUP site for you to explore – again, share where you went on the MoveSpring App or social channels, take pictures, have fun!
- Funds raised will go to support the gaps in mental health services: the need has grown over 50% since the start of COVID
- Have fun while fund raising, take care of yourself and your community

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Early Bird Incentives

This is a great idea for small workplaces/teams to get people to sign up for payroll deductions. Instead of having one big draw – or in addition to an early bird draw, encourage your ECCs to have a draw a month where names are automatically entered when participants make a payroll pledge.

Supplies

- Prizes
- Suggestion: Have the Boss buy the prize
 - A case of wine to give away a bottle a month (contact your CA if you are interested in this option)
 - A dozen cinnamon buns a month
 - Free parking for a month
 - Socks. Cause you can never have enough
 - New donors have their name go in twice

Instructions

1. Collect prizes (donated from corporate, bought by the 'boss', purchased with campaign budget...)
2. Show off the prizes! Post pictures on your internal site, send out prize list or leave them in a public space
3. Everyone who submits a pledge form before a certain date is entered to win
4. Draw a name each day, week, month depending on the length of campaign
5. Potential rules:
 - a. Win once, you are out
 - b. Win once and your name goes back in
 - c. Give a days pay to be entered
 - d. Give before a certain date to be entered
 - e. Increase your gift by x% to double your chances

Lip Sync Battle

Who can rock out like no other?! Who has the right props and accessories to complete the full celebrity look? Host your own Lip Sync Battle!

Supplies Needed

- Participants will need access to a device to record (video or audio).
- Digital platform that is available to all participants.
- Optional: Prize

Instructions

1. Send an email to invite employees to participate by submitting a video via email, posting on the company intranet, on a page in Microsoft Teams, or Google Drive. Also inform them of the entry fee to submit a video and how to pay the fee. (Limit of one video per participant.)
2. Decide the best way to post the videos for all to see. You can post all at once, or come up with an elimination system to narrow down to a final number to vote.
3. Email employees to inform them of where videos can be seen and invite them to vote on their favorite videos. Voting can be done via a Google form or Survey Monkey survey. Alternatively, employees can vote using cash and the winner is the one who receives the most cash donations

Suggested entry fee: \$5 - \$10

Suggestions

- Encourage your company leaders to participate to increase the buzz and excitement
- Feel free to identify an employee that is the digital “host” of the challenge and post their own videos to hype up the competition
- Video that receives the most donations in its honor is crowned the grand champion– receives trophy (can be homemade) and gift certificate or cash prize
- Can vote by jars that are set out where dollars count positively and coins count negatively so that you can “sabotage” other people’s chances of winning

Considerations

- Not everyone will be confident in broadcasting their musical taste & performing in front of their co-workers - this challenge should be optional and care should be taken to address negative comments
- May exclude individuals with hearing disabilities or who suffer from challenges related to body confidence

Apples Against Humanity

If your team members love sharing memes, GIFs and photos, then Apples Against Humanity is for you!

Supplies

- Digital platform that is available to all participants (MS Teams, Google Drive, Intranet...)
- Pre-written words & phrases.

Instructions

1. Send an email to invite employees to participate via email or posting on company intranet. Be sure to inform them of the entry fee & how to pay the fee.
2. Decide what platform you will use to post your words and phrases for each round. Select a time limit for each round, i.e. 1-2 hours for each participant to respond with a meme, GIF or photo. Create a schedule for when you will distribute your words and phrases.
3. Choose a judge (one for every round or rotate each round). Judge will be responsible for selecting a winner. It is up to each judge to determine which submission best fits the word or phrase for each round. Make sure all submissions are accessible to all participants (i.e. reply all to emails). Recommendation: campaign coordinator is the first judge, and the winner of each round becomes the next judge.
4. Email employees to advise them of your schedule & platform so they can participate. Work schedules can vary for each employee so allow enough time for everyone participating to join in!

Suggested Entry Fee: \$5 - \$15

Suggested Prizes

- Gift cards to local businesses, restaurants, gift credit cards or online merchants
- Time off from work
- Company-branded swag items
- Ideal parking spot
- Event tickets

Considerations

- Use words or phrases that are appropriate for your workplace & don't exclude any of your employees
- Ability issue for those who suffer from vision impairment or total vision loss

Silent Auction

Silent auctions are a tried-and-true method of generating revenue at fundraising events.

Supplies

- Silent Auction items (donated items, days off, giftcards...)
- Platform to share photos and where people can place bids (intranet, shared spreadsheet, virtual silent auction software - watch out for processing fees!)

Instructions

1. Collect silent auction items
2. Take a photo of each item to post on the platform of choice
3. Send out a communication to staff which explains how to place bids, the cut-off date and encourages them to participate
4. After the cut-off date, contact those who placed the highest bids, collect funds and distribute prizes

Suggested Prizes

- Gift cards to local businesses, restaurants, gift credit cards or online merchants
- Time off from work
- Company-branded swag items
- Ideal parking spot
- Event tickets

Considerations

- Chose a platform that is accessible to all employees
- If possible, include a variety of prizes to engage all employees.



Online Tutorial/ Lunch & Learn

Do you have an employee with a hidden talent or skill they want to share with others? Invite them to share it with their fellow co-workers!

Supplies Needed

- Digital video platform that is available to all participants. Could be Zoom, WebEx, MS Teams, etc.
- Any specialized equipment depending on the topics.

Instructions

1. Reach out to individuals you know may have special skills they can share, as well as send out an email soliciting employees who would like to teach their co-workers about a certain topic or skill.
2. Work with the discussion leaders to set a date and time for their courses, perhaps as a lunch-and-learn series.
3. Email employees to inform them of the choices they have and to sign-up to attend. Sign-up can be done via Google sheet, or by emailing a designated individual. Email should also specify how to pay for the class.
4. Classes are conducted live via a video platform (Zoom, WebEx, Go-to-Meeting, etc)

Suggested entry fee: Single-session class: \$5 total; Multi-session: \$5 per class

Virtual Cooking Class

Does someone in your office make THE BEST cookies? Or maybe someone has a hearty chili recipe that has been passed down for generations? Host a virtual cooking class to share these recipes & raise money for a great cause!

Supplies

- Video sharing platform (Zoom, MS Teams, Skype...)
- Applicable baking/cooking supplies
- A great recipe

Instructions

1. Find someone with an office- famous recipe who is willing to share
2. Send out an invitation with the date, time, famous dish & ticket cost
3. Once everyone has bought their 'ticket' send out the Zoom/MS Teams link, and ingredients & supplies list. (Include the measurements so people can prepare)
4. Once everyone is in the meeting, start the cooking class! (Tip: Include a co-host to add late comers and deal with any technical difficulties)
5. Make sure to record the meeting and share it with attendees along with the recipe

Suggested entry fee: \$5 to \$20

Considerations

- Consider alternatives for allergies & eating restrictions (dairy-free, nut-free, gluten-free, vegetarian...)



Gift Card/Wine Survivor

Instructions

1. Contestants contribute an entry fee, and a bottle(s) of your choice (- including wine, spirits, craft beer, or craft cider) with an approximate value of \$25 OR a \$25 generic gift card or liquor store gift card.
2. Names go into the liquor cabinet for a coveted barstool in the Saloon.
3. Contestants can also buy Immunities for \$5 each.
4. Three prizes to be won!
 - a. The Biggest Loser – the first name drawn out of the cabinet on Oct 19 – will receive one bottle - twist #2.
 - b. The penultimate name chosen will be runner-up and will get one bottle (yes – even if you’re on a team. Figure it out!).
 - c. The last name drawn claims the title of Sole Survivor – The Biggest Boozer , taking home the rest of the bootie!
5. Immunities – You bet! \$5 each at the time of entry. There can be limits on how many you buy, when you buy them, and if they can be transferable.
6. If players can enter more than once; but each entry is the same: \$20 entry fee plus a \$25 bottle or gift card.
7. Invite your spirit-loving friends to join! The more participants, the more bootie up for grabs!
8. Play individually or as a team! It still costs \$20 each and a \$25 bottle(s) or \$25 liquor gift card each. You and your partner sort out how to split the bootie if your team is a winner.
9. Names will be drawn from the liquor cabinet every weekday. Number of names drawn per day will depend on the number of players and the number of Immunities in play. Players whose names are drawn are kicked out of the Saloon and their barstools will be set on fire. Names will be charted under the bell near campaign supplies so you can keep track.

Considerations

- Players must be 19 years of age or older.

Mystery Gift Cards

Declutter your wallet and raise some money! This is a great opportunity to get rid of those mystery gift cards taking up space in your wallet.

Supplies

- Gift cards

Instructions

- Ask all participants to hand in an entry fee and as many gift cards as they have in their wallet (one gift card = one entry). If someone does not have spare cards or would like more entries, they can purchase gift cards with a lower amount to local coffee shops or favourite lunch spots.
- Once all gift cards are collected group the gift cards into themes (ie. Treat yourself: spa, coffee shop, and clothing store gift cards or Road Trip: restaurant, gas card and hotel gift card). Grouping will depend on which cards you receive and can be done randomly.
- Draw a name for each collection of cards

Suggested entry fee: \$10 to \$25

Considerations

- There are in person elements as someone needs to collect the gift cards

Trick or Treat Pledge Info Drop Off

This is a great idea for small workplaces/teams who are close-knit with employees working from home. This event is meant to encourage employee payroll deductions, not to raise funds.

Supplies

- Halloween-sized candy
- Information sheets with company-specific E-pledge link (contact your CA for assistance)
- Face mask & gloves

Instructions

1. Compile a list of all employees and their home addresses
2. Print off information sheets with the E-Pledge link & information about the United Way/ Areas of Action. (Paper-less option: Email E-pledge link to staff and give them a verbal reminder when dropping off the treats.)
3. Buy a box of Halloween Candy.
4. Give employees the heads up that you will be coming by to make sure they will be home.
5. Drive around to employee's homes and drop off candy and E-pledge information -- remember your face mask & gloves!