

Step Forward

Walk your way to help
beat cystic fibrosis

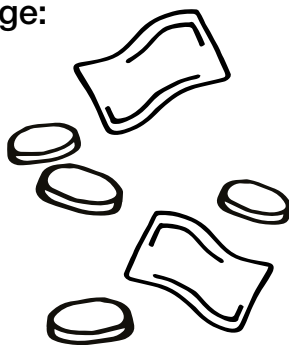
Fundraising tips

When you sign up for a Step Forward challenge, you will automatically create an Enthuse fundraising page so you can start fundraising straight away!

Here are top tips on how to make the most out of your fundraising page:

1

Personalise your page: Add photos of you completing your challenge.



2

Set a target: Adding a target has been proven to raise sponsorship on a page by 46%.

3

Keep your page updated: Let your donors know how your challenge is going by posting updates and linking your Strava.

4

Share your story: Explain to your donors what has inspired you to take on this challenge.

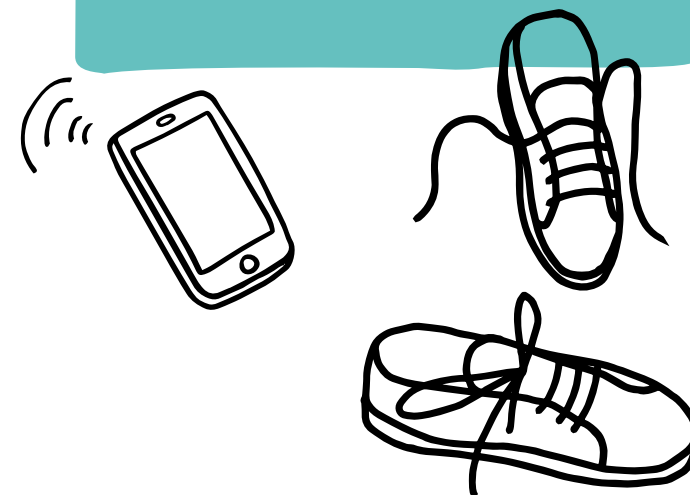
5

Promote your page! Go to our website to find social media templates like Facebook countdowns and Instagram story posts to spread the word about your challenge!

Why Enthuse?

Enthuse is the website we are using for this virtual challenge, which will enable you to sign up, create a personalised fundraising page and have access to the event. This means you will be able to:

- See how many other Team CF walkers are taking part
- See how much money you and your team have raised
- Check out the top fundraisers.
- Link your Strava account and post your walk onto your Enthuse page.



Fundraising ideas

As well as asking people for sponsorship, there are loads of other ways to boost your fundraising total. Need inspiration? Check out the A to Z of fundraising activities – www.cysticfibrosis.org.uk/get-involved/fundraising/organise-your-own-event/a-to-z-of-ideas

Match fundraising

Many companies will match fundraising by their employees. Why not ask if your company can support you in this way?

Steps sweepstake

If you have decided to do a steps challenge, why not make it a sweepstake fundraiser? Get your family and friends to guess how many steps you do in a week and ask them to donate to your page to enter!

Download your sweepstake form from our resources on the website!
cysticfibrosis.org.uk/step-forward

The difference your money makes

Our work isn't possible without amazing people like you! Take a look at some of the ways your fundraising could change lives to help motivate you during your training:

£150

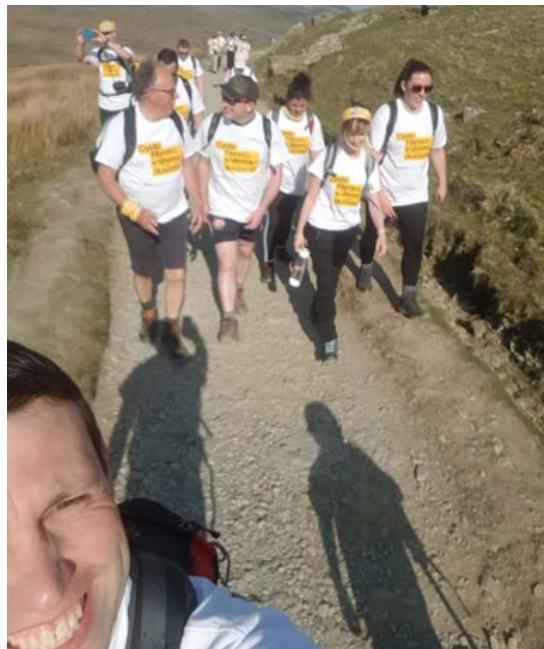
could support an individual or family in financial difficulty with a grant for basic essentials

£200

could buy exercise equipment for someone with CF, ensuring they maintain their daily treatment regime and stay healthy

£400

could pay for a day's worth of equipment at one of our Strategic Research Centres, helping to create ground-breaking discoveries in CF research



"I had some initial worries about fundraising but, in the end, I was blown away with the total we raised – it was well above my original goal. The amazing thing about sponsorship is that you will get a huge amount of support because most people that you ask to sponsor you will either be impressed by what you're doing, or they want to support you because they care about you.

"The money we raised from our walk allows further research into creating treatments that will give my eldest son the same opportunities that his brothers have for a life unlimited." – Matthew

If you have any questions or would like further support with your fundraising, please get in touch with the Community and Events team on 020 3795 2176 or events@cysticfibrosis.org.uk.