

# Cystic Fibrosis Trust

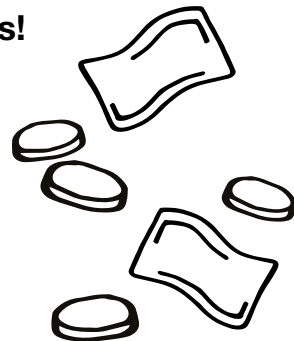


## Fundraising tips

When you sign up for Great Strides™, you will automatically create an Enthuse fundraising page so you can start fundraising straight away!

Join the Great Strides™ Facebook page and share your fundraising journey with fellow Great Striders!  
[www.facebook.com/groups/greatstridescf](http://www.facebook.com/groups/greatstridescf)

Read on for our top tips on how to make the most out of your fundraising page.



- 1 Personalise your page. Add photos of your training walks as well as on the day.
- 2 Set a target. Adding a target has been proven to raise sponsorship on a page by 46%. The recommended target for Great Strides is £250.
- 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 Great Strides™.
- 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!
- 6 Are you walking in a team? All your fundraising pages will link to one team page where you can share team updates.

### Why Enthuse?

Enthuse is the website we are using for Great Strides™, 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.

You can use another fundraising platform like JustGiving if you prefer.



## 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](http://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

You can do a steps challenge as part of your fundraising, 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, in return for a prize!

Download your sweepstake form from our resources website.

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

## 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.**



Walley's Walkers team

“We enjoy the challenge of this kind of event and love the CF community coming together - both walkers and supporters. When the walk gets tough, I remind myself that those with cystic fibrosis face daily challenges and that I can get through this one day!”

– Denise from Walley's Walkers team.

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 [greatstrides@cysticfibrosis.org.uk](mailto:greatstrides@cysticfibrosis.org.uk).