

Run for Research

Fundraising tips

When you sign up for a Run for Research 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 runners 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 run 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 – 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?



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

Donna and Callum

Share your challenge with all your friends! Get people talking about your challenge and on board with what you're doing. I shared updates of our challenge every day – on Facebook and in Whatsapp groups with friends, parents and groups I'm part of. It was a nice bit of motivation to see someone sponsor us.

It helps to stick to the same running time every day. Callum and I ran in the mornings, when it wasn't too hot and before we sat down and couldn't be bothered to get up again!

Try to shake it up a bit! Callum got a bit bored of running in the end and did a bit on his pogo stick. His three-year old sister joined in for some of it as well!

Stay positive, keep going and remember, every little helps! It's all for a great cause, especially when you think about who it is you are helping – whether that's on a personal level or on a wider level.

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.