

# Step forward



## Fundraising tips

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

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

[cysticfibrosis.org.uk/events](https://cysticfibrosis.org.uk/events)

## Planning your fundraising

- 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!



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## 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**

## Match fundraising

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

## Walk to work challenge

Join forces with colleagues and walk to work in September!

Download your distance tracker to put up in the office from our resources on the website! [cysticfibrosis.org.uk/step-forward](https://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



**"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](mailto:events@cysticfibrosis.org.uk).



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