

WELCOME!

THANK YOU FOR CHOOSING TO FUNDRAISE FOR THE FIFTY FOR 50 CHALLENGE.

Supporting the Neurological Foundation in this challenge is a fun way to support ground-breaking research and education into neurological conditions which affect 1 in 5 Kiwis.

The aim of this kit is to provide you with the tips and tricks to enlist your friends, family, colleagues and community to help you make your fundraiser a success!

If you have any questions, want a brainstorming buddy or need support please don't hesitate to email raisinghope@neurological.org.nz or call 0508 BRAINS (0508 272 467).

I can't wait to see what Challenge you take on! Happy fundraising.

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GETTING STARTED

1 Set Up Your Fundraising Page

The best way to fundraise is by creating a personal online fundraising team or page here: Fiftyfor50.co.nz and remember to add the finishing touches to your profile like your photo and description telling people what you are doing and why you are supporting the Fifty for 50 Challenge..

2 Choose Your Challenge

Join us in celebrating our 50th Anniversary and pick a challenge themed with the number 5, 50, 500 or even 5000. Whatever challenge you choose you will sign up before the end of May and have until 30 July 2021 to complete it. If you can complete your challenge in May you will be a true star! Can't decide? See some ideas on page 3.

3 Set a Goal

How much do you want to raise? Put in place a realistic goal. You may be surprised at how your community gets behind you! Remember you can always update your goal as you go. Shoot for the stars!

4 Teamwork Makes the Dream Work

Fundraising with others is a lot of fun and can make your target more achievable, recruit your family, friends or work mates to join you in your challenge.

5 Spread the Word

Share your fundraising page on social media (there are buttons below your profile name) or email the link with a heartfelt request for support – the more you personalise your ask and let people know why you want to support the Neurological Foundation, the more likely it is that people will get behind you!

Share updates as you complete your challenge to both your fundraising page and your social media. Use #Fiftyfor50 when posting to social media. This will help us to be able to see all the great things you and our other challengers are doing.

6 Enjoy Yourself

Now that you're all set up enjoy your challenge and the rewarding sense of making a difference.

As you reach milestones in your fundraising and challenge, you will receive achievement badges on your fundraising page.

7 Don't Forget To Say Thank You!

Reach out to your supporters or give them a shout out on social media! No matter how big or small every dollar makes a difference.

FUNDRAISING INSPIRATION

THERE ARE SO MANY WAYS YOU CAN FUNDRAISE FOR FIFTY FOR 50 CHALLENGE!

The number 1 rule? Keep safe.

Engage your workmates, school, friends, family or fly solo.

Let's get physical!

Walk, run, bike, swim, jump, dance or hoola hoop! The options are endless and you can choose what best suits you.

Challenge your brain!

Puzzles, quizzes, reading, painting, knitting and crochet all provide stimulus to your brain.

Your choice!

Looking for something different? Why not bake, cook or try new foods, or alternatively go without – 500 hours without chocolate, coffee or alcohol.

The options are endless and there is sure to be something for everybody.



TIP!

Share your posts on social media with the hashtag #Fiftyfor50 or tag @discover_nf on Instagram so we can show off all the amazing work you're doing!



TIP!

Remember to ask your workplace if they offer matched giving program, it could double your fundraising dollars!

