

MATES Move4MND

Fundraising Tips

Thank you for being a mate and choosing to move your way in solidarity this February to raise awareness for Motor Neurone Disease!



Your Impact

\$50 helps us be there on the phone when someone is newly diagnosed and needs information and advice – so they aren't alone.

\$125 creates a legacy and enables someone with MND to capture precious memories and reflect on a life well lived in a Life Story book, giving their loved one who survived them something to cherish.

\$250 pays for staffing, promotion and catering of an MND Support Group Meeting – to empower loved ones with the tools to provide care when needed.

\$900 provides a Suction Machine to assist in removing excess saliva when someone is having difficulty swallowing – to make living with MND more comfortable.

\$5,000 gives someone over 65 with MND who can't access the NDIS the basic support they'll need for their MND journey – which includes MND expert OT, Speech Pathology and/or Physiotherapy, MND Advisors, and

Start the conversation!

We know asking for support is hard; we do it every day, and the number of no's you get can be disheartening at times.

However, we'll let you in on the secret for success:

- Don't be afraid to ask more than once. People have a lot going on and sometimes forget to donate
- Make it easy by sharing the link to your fundraising page so they can jump online.
- Lead the way by making the first donation to show others moving for a mate is deeply important to you.

Tell Your Story with Passion

If you have a personal connection to MND, tell your story. Review your fundraising page by setting a goal, adding images and your connection to MND.

Share with Care

Spread the word about why you're choosing to be a mate moving for MND wherever possible. Review your fundraising page by setting a goal, adding images and your connection to MND.

Ask with Purpose

Ask your workplace to get involved. Many businesses want to support charitable causes to increase their positive community impact.

Start moving and make it fun!

Keep everyone updated on how you're moving, and don't forget to thank your generous supporters.

Dress up when you're out and about in the community moving. If you make a spectacle, more people will notice and care.

When more people care, the more support we can provide, especially for those over 65.



Looking for Incentives to Fundraise

- **Raise \$25** - Earn your "never give up" shoelaces.
- **Raise \$100** - Earn your "never give up" Queensland socks.
- **Raise \$300** - Earn your MND Queensland lightweight, breathable running singlet.

Together, we are fighting to make time count when it matters most so no Queenslanders are left to battle MND alone.

You're not alone, either! Connect with our Events and Community Fundraising Manager, **Tarah Ferguson**, by calling **0450 029 788** or emailing events@mndaq.org.au.

