



# FUNDRAISE FOR THE IRISH SUPPORT AGENCY



**Do you run, walk, swim, climb, hike, jump, lift, stretch or ride? Taking on an exercise challenge is a great way to fundraise for the Irish Support Agency. Exercise challenges aren't just for the super fit—all that matters is that you challenge yourself.**

## Getting started

- Head to Irish Support Agency Fundraising and click 'Start Fundraising' to begin.
  - Choose which platform you would like to fundraise through.
  - Personalise your page by adding your story, photos and reasons for fundraising.
  - Include details about your challenge, including when, where and what you're doing.
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## Setting goals

- Set an ambitious but realistic goal: \$200–\$1500.
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## Let everyone know

- Share your fundraising page via email and social media with family, friends, colleagues, sports teams, and community groups.
  - Update your fundraising page regularly with photos and details of your training so your supporters can see your commitment in action.
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## Get ready

- Schedule regular training sessions before the event to make sure you're physically ready for your challenge.
  - Make sure you have the right equipment for the day: hat, sunscreen, pumped bike tyres, water bottles, energy boosting snacks, backpack.
  - Get a good night's sleep the night before your big day.
  - Work out how you will get to and from your challenge.
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## On the day

- When your challenge gets tough, focus on your reasons for fundraising for the Irish Support Agency.
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## After your challenge

- Thank everyone who helped you prepare or made a donation: this can be done through your fundraising page but it's also good to consider a phone call, email or text message.
- Refresh your fundraising page with updates and photos from your challenge.

## Contact us

If you're interested in taking up an exercise challenge to fundraise for the Irish Support Agency, we would love to hear from you.

### **Irish Support Agency**

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