

Top Fundraising Tips

1. Invite friends/families to your fundraising page:

Telling people that we're taking on a new challenge and asking them to support you can be a little nerve-wracking. But don't our friends and family normally prove us wrong with a huge show of support!

You can build up a little confidence by sending 1 or 2 people a message asking for their support before sharing your Facebook or Just Giving Fundraising Page far and wide.

Not sure what to say?

Try keeping it simple:

"I'm doing 31 Miles in May for Dementia Care at the Mater Public Hospital, and I've decided to raise a minimum target of €100. To do that, I need 10 people to sponsor me €10 and I'm really hoping you'll be one of the first to do it. Will you help me?"

Getting the first few sponsors will give you a huge sense of confidence and motivation to complete the challenge, and other people will join and get behind you. Then, with just a couple of clicks, you'll have made a life-saving difference.

2. Thank your supporters:

Don't forget to thank your friends, family and everyone who has donated to you. You will get a notification on your fundraising page when someone has donated, so make sure to comment and say thank you. ❤️

3. Donate to your own page:

Donating even a small amount to your own page shows people that you really care about what you're doing and will encourage others to do the same

4. Update your fundraising page:

Let people know why you're participating in this challenge and keep them updated with how you're doing. Make sure to share videos and pictures of you on your runs, you'll be surprised how much more support you receive if you share!