

Fundraising ideas

To make sure your incredible effort raises as much as it deserves, we've put together these handy fundraising tips.

Kickstarters

Set a target

Keep yourself motivated with a fundraising goal. If you set a target on your online Giving Page, you can raise 46% more sponsorship.

Tell your story

Our most successful fundraisers often have really personal online Giving Pages. Kit yours out with the story of why you've decided to take part, regular updates, photos and a thank you to your lovely donors!

Make the first move

Show potential supporters you're committed by making a contribution to your own online Giving Page to kick off donations.

Team up

Encourage your friends and family to sign up to the challenge too and make fundraising a real team effort.

Share online

Share your online Giving Page and official challenge badge across your social media for instant results.

Join our Facebook Group

Meet other walkers, share top tips and motivate each other throughout the month by joining our [Walk 45 Miles Challenge Facebook Group](#).

At work

Ask your employer

Walking 45 miles across the month will make you feel more energised at work. What's your company prepared to donate to their happier and healthier employee? See if they'll make a donation or match the funds you raise.

Tell your colleagues

Send an email to your work colleagues to let them know you're walking 45 miles in October to raise money for cutting-edge research. Remember to include a link to your online Giving Page!

