



Your Stride4Stroke Fundraising Guide

No matter why you
are moving, make
moves that matter.

Welcome to Stride4Stroke!

Congratulations – you’ve taken your first stride and signed up for Stride4Stroke!

Every dollar you raise and every moving minute you log will take Stroke Foundation one stride closer to preventing stroke, saving lives and enhancing recovery.

In this guide you’ll find information to help you reach your fundraising goals. Our team is here for you every stride of the way, so if you have any questions, please email:

stride4stroke@strokefoundation.org.au.

We are so excited to have you join Stride4Stroke and together, we can change the state of stroke in Australia.

What is Stride4Stroke?

This September, people across Australia take up the challenge to be active and raise funds to prevent stroke, save lives and enhance recovery.

The time you spend being active is measured in Moving Minutes. As we all have different lifestyles, passions and abilities, how you get active will look different for everyone.

Stride4Stroke is great to do with family, friends or workmates – or on your own.

Thank you for raising funds to support Stroke Foundation’s work.

Find out more at **stride4stroke.org.au**

Your first strides to fundraise

Personalising your online fundraising page will make a big impact on your fundraising – sharing why you are fundraising for Stroke Foundation encourages donations. Simply upload a photo and write why you are fundraising for Stroke Foundation.

Share your fundraising page with everyone!



- › Email and text everyone you know and share your fundraising page on social media.



- › Ask yourself – donate to your page and show others how serious you are about reaching your goal.



- › Ask family and friends to sponsor you by sharing your fundraising link directly with them.



- › Ask your boss for a company donation. Check if your workplace does dollar matching – it's a great way to double your fundraising efforts.

Keep sharing

Every time you are out achieving your moving minutes goal, take a pic and upload it to your social media with a link to your fundraising page.

Put up a poster

We have a range of posters in your dashboard. Put them up at your workplace, local clubs and coffee shops. Let everyone know you are taking part in Stride4Stroke and raising funds to help prevent stroke, save lives and enhance recovery.

Ask work mates to sponsor you – email everyone your fundraising page link and pop posters up at work.

More strides to fundraising



Hold a raffle – ask local businesses to donate goods.*

*Contact us to request an Authority to Fundraise letter for any fundraising you are doing offline or to help you ask for donated items.



Sausage sizzles are a great way to raise extra funds. Find a local popular location and see if you can book a spot.



Morning tea – host a morning tea at work and charge a donation for entry.



Trivia tournament – Encourage your friends, family and colleagues to show off their brain power by entering teams for an entry fee.



Marketplace day – Get your friends and family to sell one item on Facebook Marketplace and have them donate their proceeds.

Fundraising tools

We have fundraising tools available on your fundraising dashboard to help you reach your fundraising goal:

- › Personalised poster
- › Personalised mobile wallpaper
- › How to raise \$350 flyer
- › Social media tiles

If you wish to create your own promotional materials, please ensure that you make clear that you are raising funds for Stroke Foundation. Suggested phrases to use include: “proudly supporting Stroke Foundation” or “funds raised will support the work of Stroke Foundation”.

All promotional material created must be approved by Stroke Foundation prior to distribution.



How to raise \$350!

We get it! The hardest part of fundraising can be asking people to sponsor you.

We've put together seven tips on how to raise \$350 by simply reaching out to people you know!



1. Ask yourself! Start by making your own donation of **\$50**.



2. Ask four family members to sponsor you **\$25 each**.



3. Ask two co-workers to sponsor you for **\$20 each**.



4. Ask your boss for a company contribution of **\$100** OR would they **match each dollar** you raise.



5. Ask three friends to donate **\$20 each**.

Rewards

To help you achieve fundraising success, we have a range of rewards:

Raise **\$95** and receive your exclusive singlet designed to add to your Stride4Stroke experience.



When you raise **\$350** a Stride4Stroke gym towel, cap and drink bottle will make its way to you – perfect for your active endeavours.



Raise **\$1,000**

A Stride4Stroke backpack will be yours – a fantastic reward to keep you moving and motivated on your fitness journey.



By fundraising for Stride4Stroke you'll be helping to sustain vital programs and resources that Stroke Foundation provides, including:

Preventing Stroke

- › StrokeSafe Talks
- › Australia's Biggest Blood Pressure Check
- › Information Resources

Saving Lives

- › F.A.S.T. (Face, Arms, Speech, Time.) Signs of Stroke Awareness
- › Living Guidelines for Stroke Management
- › InformMe Website for Health Professionals

Enhancing Recovery

- › StrokeLine
- › My Stroke Journey
- › EnableMe Website for Survivors of Stroke



Make moves that matter

Share your Stride4Stroke journey to help inspire others and to celebrate your achievements.

 @strokefoundation

 @strokefdn

#STRIDE4STROKE

Supporting Sponsors

precision



AUSTRALIAN
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ASSOCIATION

