



# Your Stride4Stroke Fundraising Guide

Make your moves count to  
prevent stroke, save lives  
and enhance recovery

# 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](mailto: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?

Every November, 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](https://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 sponsor me cards
- › How to raise \$500 flyer
- › Proudly supporting logos

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 \$500!

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 \$500 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 businesses you frequent to donate **\$50 each**.



4. Ask five co-workers to sponsor you for **\$20 each**.



5. Ask five people at school, club or church to donate **\$10 each**.



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



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

# Rewards

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

Raise **\$95** to get a singlet/shirt and a mystery gift.



Raise **\$350** and receive a towel, cap and drink bottle (for the first 500 fundraisers).



Raise **\$1,000** and receive a yoga mat (for the first 200 fundraisers).



At Stroke Foundation we are committed to a world free from disability and suffering caused by stroke. With your support Stroke Foundation will:

## Prevent Stroke

By empowering a greater proportion of adult Australians to recognise the risks of stroke which can be changed, and in doing so increase their chances of preventing stroke.

[Learn more](#)

## Save Lives

By supporting hospitals and healthcare providers across Australia to strengthen their capabilities in stroke care and rehabilitation services.

[Learn more](#)

## Enhance Recovery

By reaching out to those impacted by stroke to ensure more Australians can connect with and access trustworthy information, resources and post-stroke support.

[Learn more](#)





With help from supporters like you, in 2022 Stroke Foundation was able to help prevent stroke, save lives and enhance recovery.



The **Mobile Stroke Ambulance** celebrated its 5th year in operation and was dispatched

**1,500 times**

### Telestroke

is now available in



states and territories



Our free helpline, **StrokeLine**, has answered more than

**2,500 calls**



**49 Stroke and Recovery Webinars** reached more than

**4,600**  
people

**393 StrokeSafe talks** reached



**12,027**  
people



**13,787**

people have visited the **Young Stroke website** since it launched in August 2022



**6,843**

people completed the online **blood pressure awareness** quiz

**My Stroke Journey** is being translated into



**8 languages**

# Make your moves count

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

 @strokefoundation

 @strokefdn

**#STRIDE4STROKE**

Major Sponsor



Supporting Sponsor

