



Royal Far West
Children's health, country-wide

30 top tips for your

30
for
30

**Country Kids
Challenge**



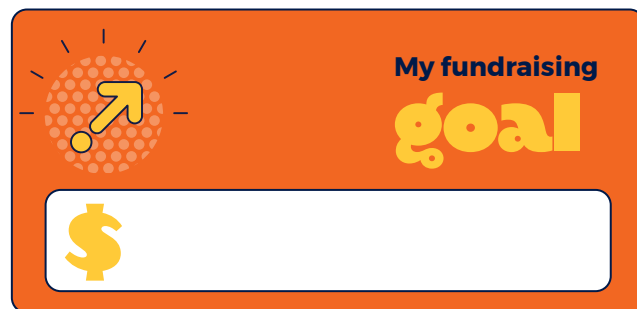
Your guide to getting the most from your challenge



Planning Checklist



things to tick off



- Set up online fundraising page**
Header over to the **30 for 30 website**, login and update your details so you're ready to begin!
- My start date**

- Set a reminder in my calendar for each day of the challenge**
- My 30 minute activity ideas:**

- Download fundraising resources**
Visit the **Resources page** and download anything that will help your fundraising efforts
- Donate to my own fundraising page**
- Invite supporters to page**
- Ask for donations**
- Motivate and remind supporters to donate**
- Thank supporters**

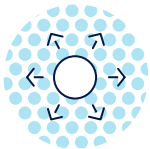


10 ways to help you fundraise



Personalise your online fundraising page

Let your personality shine through by showing people why you are raising money for country kids and how supporting you in your 30 for 30 efforts will make a huge difference to rural and remote children and their families. Have fun with your page and posts, share photos of how you're spending 30 minutes dedicated to your mind, body or soul every day for 30 days.



Think big when setting a fundraising target

This will encourage your colleagues, friends and family to dig deep. If you're getting close to your original target, why not increase it? The further you are from your goal, the more your supporters are likely to donate. As you get closer to the 30 for 30 challenge, update your total to make it tantalizingly close so your friends want to get you over the line.



Donate to your own fundraising page

Kickstart your fundraising to show how committed you are to helping country kids.



Tell everyone you know

Send your family, friends and acquaintances the link to your fundraising page to tell them what you are doing, and more importantly, why you're doing it. Ask them if they will help you by donating and sharing your page. Your network might want to learn about Royal Far West, so make sure you include a link to the About Us page

<https://give.royalfarwest.org.au/event/30for30/about-us>



Ask your work colleagues to donate

Or bake some goodies as part of your challenge (baking is great for the soul!) and ask for a gold coin donation to purchase one. It's hard to say no to food, especially when it's also supporting a great cause!



10 ways to help you fundraise



Tell your supporters where their money is going

Every dollar raised counts, no matter how big or small. Whether it's covering supplies like therapy putty for occupational therapy sessions, helping a child whose struggling to communicate with his family and friends access speech pathology sessions, or providing a child whose struggling with complex challenges with a comprehensive, multi-disciplinary assessment, every dollar truly adds up to create enormous impact for country kids and their families.



Create fundraising incentives

Tell your supporters if you hit your target you will up the ante with your challenge by wearing fancy dress on your next 30 minute walk or run. You could offer the person who donates most to your page the chance to pick your outfit! Put yourself out there and show the lengths you'll go to in order to help country kids access the healthcare they need!



Share on social media

Invite your online connections to check out what you're up to. Ask them to support your event by attending and/or donating to your page. Keep your supporters and networks up to date with your progress. Remember to tag Royal Far West and use the hashtags **#showingcountrykidsicare #30for30Challenge #royalfarwest**

 [@RoyalFarWest](https://www.instagram.com/RoyalFarWest)



Don't be afraid to remind your network to donate

Time can get away from us and emails can be lost to your junk folder, so make sure you follow up anyone who might have missed your message or been too busy to act the first time they read your message. Don't be afraid to ask again - often someone may have simply forgotten! And a great time to make a final ask for support is just after you've completed your herculean fundraising efforts. You've put your money where your mouth is, now it's their turn!



A simple "thank you" goes along way!

Don't forget to say a huge THANK YOU to your amazing supporters. You can post thank you messages on your own Facebook or social pages tagging each new supporter after you receive a donation. Not only will your supporters feel chuffed to be thanked, it also reminds the rest of your connections to donate too! You can also use social media to report back on how your fundraising efforts went. Tell your supporters how the day went and share some photos.



Activity Suggestions



Fun and easy ways to spend 30 minutes of your 30 days!



Nourish your mind

- Clear your mind and meditate
- Learn a new skill
- Absorb yourself in a new puzzle or word game



Nourish your body

- Head out for a bushwalk
- Dive into a pool, lake or ocean
- Try a new dance or fitness class



Nourish your soul

- Get in the kitchen and get baking (top tip: ask people to purchase your treats for a gold coin donation!)
- Turn off your electronic devices
- Crank up the music and dance like nobody's watching



Countdown to success

Tick off the days and track your progress along the way!

My fundraising target

