

GIVE IT UP FOR THE RHN

FUNDRAISING TIPS

So you've decided to take on the Give It Up for the RHN challenge for the month of March, fantastic, thank you!

We are here to help make sure you are rewarded for being so brave and have put together some handy fundraising tips to help make the month that little bit easier!

Giving up your favourite thing for a month is never easy so don't be shy asking friends, family and workmates to support you—because you deserve it!

GET STARTED

Print off your sponsorship form or set up a fundraising page. Share your story of why you are Giving It Up for the RHN.

Share regular updates, photos and thank you's to your sponsors.

Encourage your friends to join up with you for moral support! Fundraising together can be lots of fun!

Tell your social media networks what you are doing for some instant results.

FUNDRAISING

Making a collection box for your desk or at work is a perfect way for your colleagues to show their support.

An office bake sale or tuck shop always goes down well! A bake off challenge for your co-workers to take part in whilst indulging their sweet tooth (a test of determination if you have given up cakes!)

Hosting a quiz night or a karaoke evening is a fun way to receive donations.

A car boot sale is a great way to raise money and have a spring clean at the same time.

SHOUT OUT

Shout out to your friends and family on social media pages such as Facebook, Twitter and Instagram.

Film a funny video clip or take photos to document how you are getting on during the challenge.

Share with your friends the benefits of Giving It Up, in addition to the feel good factor for taking part in Give It Up for the RHN!