

YOUR GUIDE TO FUNDRAISING

 **Asthma +
Respiratory**
FOUNDATION NZ

HELPING KIWIS BREATHE BETTER



GET INVOLVED
WWW.ASTHMAFOUNDATION.ORG.NZ

ABOUT ARFNZ

1 in 5 New Zealanders live with a respiratory condition like asthma, chronic obstructive pulmonary disease (COPD) and bronchiectasis. That's more than 1,000,000 Kiwis who know what it feels like to struggle for breath.

The Asthma and Respiratory Foundation New Zealand works to provide research, education, advocacy and resources for patients and health professionals to better manage their respiratory condition.

We receive no government funding, and rely on the generosity of the community to help us with our work. By fundraising with us, you are helping Kiwis breathe better.

Thank you so much for your support!



HOW TO ORGANISE A FUNDRAISER

It all starts with a good idea!

The key to a good fundraiser is the **fun** – so think of something that you can enjoy and will get supporters interested (check out some ideas on the next page). Once you have an idea, get all the practical details sorted: the date, location and your fundraising target. You can set up a fundraising page on our website [here](#).

Tell us about your event.

Let us know what you are doing. We are happy to supply resources to help your fundraiser and we love sharing stories about our generous supporters on social media and our website.

Share your fundraiser with everyone.

Let your community know what you're doing. [Set up a page on our website](#) and share it on social media. Ask your family and friends to share your plans. You could also print off posters for your office, school, community centre or library.

Donate your funds.

The best way is to use [our online fundraising platform](#) or you can share your generous donation with the Foundation by depositing it directly into our account.

Asthma and Respiratory Foundation:

03 0518 0186452 00

Please put your name and phone number as a reference.

If you would like an invoice, please email us at:

info@arfnz.org.nz with your name, address and phone number.

Be social!

Social media is a great way to share your fundraiser. Here are a few tips to help you:



Creating a **Facebook** event is a great way to get community involvement. You can also share your event on relevant community pages and message boards.



LinkedIn is the perfect place to share your fundraising efforts with colleagues or to promote your team's event with a wider network.



Share images of your event or training for your event with your **Instagram** followers. Use hashtags like **#asthmafoundation** **#arfnzfundraising** to connect with others.

Remember to say a big thank you to all your supporters!

Let them know their contribution is making a real difference to New Zealanders with respiratory conditions.

FUNDRAISING IDEAS

HERE ARE A FEW IDEAS TO GET YOU STARTED:

#1

Individual fundraisers

Set yourself a challenge and get your friends and family to sponsor you. It could be a physical challenge (a run, walk, swim) or something totally different - a knitting or dance challenge?

#2

Corporate fundraisers

Make your next team-building event a fundraiser for the Foundation. Challenge your colleagues to work out their lungs with a sponsored stair climb or a sing along. You could host a donation-entry morning tea or after-work drinks event.

#3

School or community fundraisers

Get your students or community group using their lungs and fundraise for a good cause. You could run a skip-a-thon, dance-a-thon or any other a-thon that you choose. Bake sales and gold coin donation days are always great options too.



OUR FUNDRAISERS

CHECK OUT A FEW OF OUR PREVIOUS FUNDRAISERS FOR SOME INSPIRATION



Nick Runs Australia

Set yourself a challenge and get your friends and family to sponsor you. It could be a physical challenge (a run, walk, swim) or something totally different!



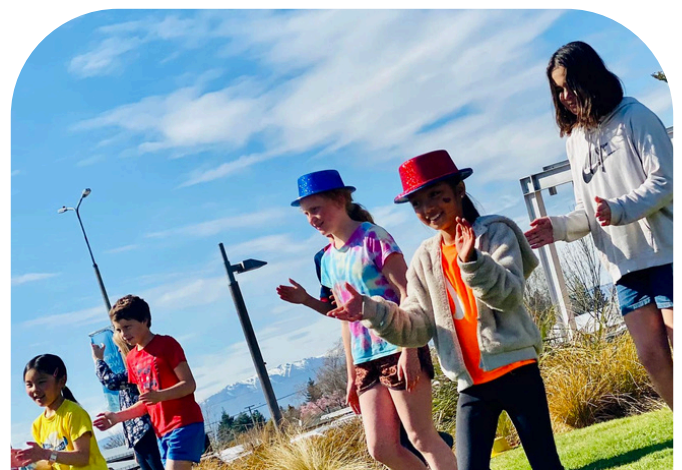
World Asthma Day Bake Sale

Do you have a special event coming up? You can register your celebration with the Good Registry and ask your guests to donate directly to the or buy a Good.



Auckland University Quiz Night

Make your next team-building event a fundraiser for the Foundation. Challenge your colleagues to work out their lungs, or you could host a donation-entry event!



Twizel Area School Jump Jam Challenge

Get your students or community group using their lungs and fundraise for a good cause. You could run a skip-a-thon, dance-a-thon or any other a-thon tha.

YOUR FUNDRAISING MAKES A DIFFERENCE

\$55

COVERS CREATING AND DELIVERING
ONE ASTHMA EMERGENCY KIT TO A
SCHOOL IN NEED

\$100

CONTRIBUTES TOWARDS THE
PRODUCTION OF OUR ASTHMA AND COPD
ACTION PLANS AND SYMPTOM DIARIES

\$135

PAYS FOR THE UPSKILLING OF ONE HEALTH
PROFESSIONALS THROUGH OUR ASTHMA &
COPD FUNDAMENTALS ELEARNING COURSE

\$500

COVERS PRESENTING ONE LIVE SAILOR THE
PUFFERFISH ASTHMA SHOW TO A PRIMARY
SCHOOL OR EARLY LEARNING CENTRE

\$5,000

CONTRIBUTES TOWARDS THE
TRANSLATION, PRINTING AND
DISTRIBUTION OF OUR VITAL
RESPIRATORY RESOURCES

WE'D LOVE TO HEAR FROM YOU!



MARKETING@ARFNZ.ORG.NZ



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