

HOW TO START FUNDRAISING

With your support, more Kiwis can beat the odds of getting bowel cancer.

- 1. Choose your way to beat bowel cancer** – from running a raffle to running a marathon, how you fundraise is up to you! (See page 9 for ideas).
- 2. Create your online fundraising page** – [Click Here](#) and select the green 'Start Fundraising' button. Follow the simple steps to personalise your fundraising page. More info on page 6.
- 3. Get sponsored** - ask friends, whānau and colleagues to sponsor your fundraiser. You can send them a link to your fundraising page or promote your page on your social media.
- 4. Ngā mihi! Say thanks** – Make sure you personally thank everyone that sponsors or supports you in any way.
- 5. Need some help?** If you need a hand with fundraising, please contact Bella at bella.pond@bowelcancernz.org.nz

HOW TO GET FUNDRAISING

1. **Set your challenge.** It could be anything you choose – just use your imagination (or see page 9 for ideas!).
2. **Sign-up for your challenge.** Create your personalised fundraising page by clicking [HERE](#).
3. **Personalise your page.** Fundraisers who customise their page raise more money. Add some before, after and along-the-way pics and let everyone know why you're doing this.
4. **Set a fundraising target.** Choose the amount you want to fundraise. If you reach your target you can always increase it!
5. **Get sponsored.** Sign up your friends, whānau and colleagues to support you and follow your fundraising journey. Most people are surprisingly deep-pocketed when it's a good cause.
6. **Donate yourself.** Get the ball rolling and show your commitment by donating to yourself! Fundraisers who make their own donation raise more than those who don't - and receive larger donations. If you're not in a position to donate to yourself, think of someone who you can ask to get you started.
7. **Spread the word.** Share your journey on social media to enlist support and get the word out there as to why Kiwis need to get serious about beating bowel cancer. Use the hashtag #beatbowelcancer
8. **Keep on posting.** Keep sharing your journey before, during and after your fundraising efforts. Keep reminding your supporters why you're doing this.
9. **Say thanks.** Send a personal thank you message to all of your sponsors. After all, they're helping hundreds of Kiwis to beat bowel cancer.
10. **Celebrate!** Toast your achievements, or organise a post-fundraising event so that your supporters can join you in celebration.

GETTING STARTED AS A TEAM



Getting a team of friends, whānau or colleagues together is great way to have fun and raise even more funds to beat bowel cancer. You can form a team for your own fundraising idea, or join a team at one of our annual fundraising events (see page 11).

How to set up your team page

- When you sign up to fundraise for Bowel Cancer NZ, the form will first ask if you are fundraising in a team. If you choose 'no', you go on to sign up as an individual fundraiser.
- If you choose 'yes - I want to fundraise in a new team', you can set up a team page. A little further down the form you can also check 'I'd also like to create a fundraising page for myself' to set up your individual fundraising page at the same time.

How to join a team page

- When you sign up to join a team, select 'yes - I'm fundraising in an existing team' and choose the team's name from the drop-down menu.
- If you've already signed up for an individual fundraising page, you can still join a team by logging into your page, and clicking the 'Join or create a team' button on the left-hand side. Then select 'Join an existing team' and find the team name in the dropdown menu below.

How to set up a team at a later date

If you've already set up your individual fundraising page and would like to form a team, log into your page and click the 'Join or create a team' button on the left-hand side. Then select 'Start a new team' and input your team page name and target.

How to invite people to join your team

Once the team page has been set up, you can invite people by clicking the 'Get team members' button on the left-hand side of your team page. A pop-up window will appear, allowing you to enter the email addresses and personalise the message in the invite. Each invitee will then receive an email with a link to complete their registration and join your team.

Start promoting the team page!

Ask for support by sharing your page with your social networks. The more often you share your page, the more likely you are to reach your fundraising goal. Challenge your mates. Dare your friends to beat you or beat their personal best. After all, it's not so much about winning on the day; it's about winning the battle against bowel cancer.

WANT TO KNOW MORE?

Contact us

Drop us a line at: bella.pond@bowelcancernz.org.nz

Call Bella from our team on +64 21 243 8832

Donate

Can't fundraise right now? It's quick and easy

to make a donation instead [bowelcancernz.org.nz/how-you-can-help/donate](https://www.bowelcancernz.org.nz/how-you-can-help/donate)

Connect with us

f [@bowelcancernewzealand](https://www.facebook.com/bowelcancernewzealand)

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

in [@bowelcancernewzealand](https://www.linkedin.com/company/bowelcancernewzealand)

jd [@bowelcancernewzealand](https://www.tiktok.com/@bowelcancernewzealand)

See our website

[bowelcancernz.org.nz](https://www.bowelcancernz.org.nz)

