

5 steps to raise \$200

\$30

Make a self donation

Lead by example and kick-start your fundraising with a self donation. Show your supporters you are serious about raising funds for people living with Crohn's and colitis.

+

\$50

Share on social media

Use Facebook, Instagram, LinkedIn and X to ask for support. Fearlessly share your story and reason for participating in LFC. Include the link to your fundraising page and be sure to tag your friends in the post. If five people give \$10 each that's \$50.

+

\$60

Email works wonders

Email is a great way to get support from friends, family and colleagues. Use the template on your LFC dashboard or write your own message. If three people donate \$20 you've got \$60.

+

\$50

Host an event

Ask your workplace to support your efforts by holding a morning tea. Hold a dedicated class at your yoga/pilates studio. Have a "wear purple to work/school" day. Print your event poster with QR code from the LFC website to make donating easy!

+

\$20

Substitute

Rather than head out for your regular coffee catch-up, invite your friends over and ask them to donate that \$5 instead. Just one coffee x 4 people = \$20!

=

\$200