



HOW TO RAISE \$500 in ONE WEEK

The key is to ask!

The answer is always no, unless you ask!

DAY 1:

Ask yourself! Start by making your own donation for \$25.
Set up your personal profile page on the website and email your friends to sponsor you.

DAY 2:

Ask three family members to sponsor you for \$25 each.
Don't forget to give your sponsors a tax-deductible receipt if they want one, they will automatically get one from <http://www.mycause.com.au/> on behalf of CFNSW.

DAY 3:

Ask two businesses you frequent to donate \$25 each.

DAY 4:

Ask five co-workers to sponsor you for \$20 each.

DAY 5:

Ask your boss for a company contribution of \$100.
Check to see if your company runs a scheme to match what you raise – dollar matching is a great way to double your money.

DAY 6:

Ask five people you know from your local club, school or church to donate \$10 each.

DAY 7:

Ask five friends to donate \$20 each.

THAT'S \$500!

Always tell people what their donation will be used for....

CFNSW raises funds for the continuation of their existing support and education programmes; it will enable them to introduce new services in the future to meet the needs of the CF community and will allow the funding of vital research through the Australian Cystic Fibrosis Research Trust in the hope of finding improved treatments and eventually a cure for CF.

Have fun and good luck!