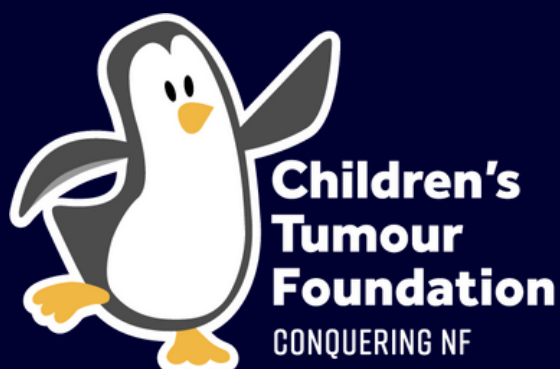


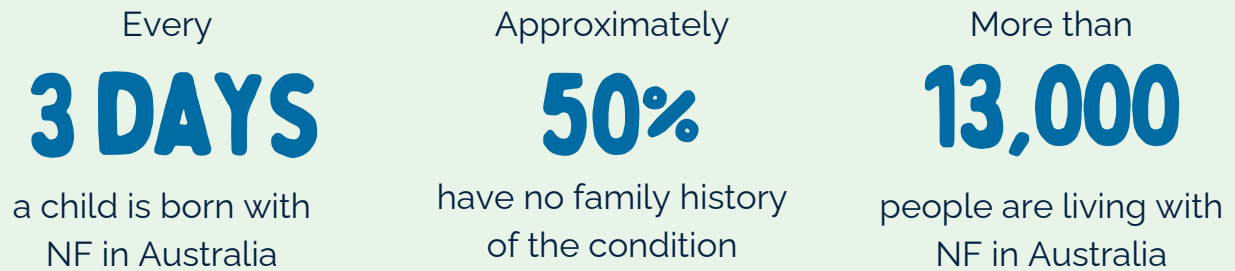


Fundraising guide



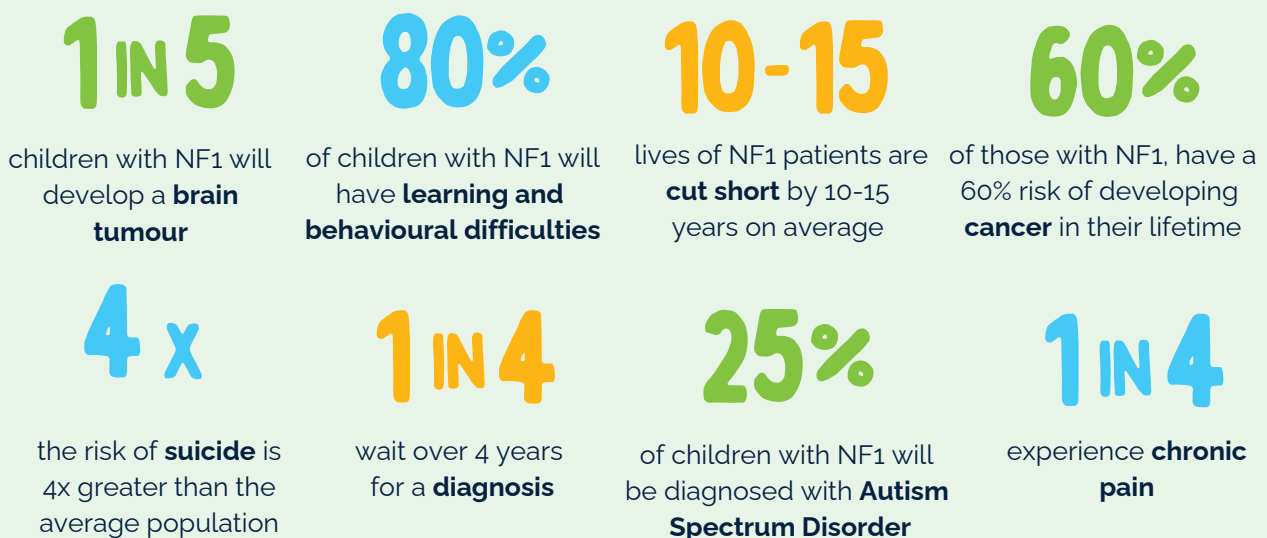
About NF

NF refers to a group of complex genetic conditions that cause tumours to form on nerves in the body.



NF is a complex multi-system condition that can cause 20+ known physical complications, along with emotional, social and financial strain.

NF impacts every part of a person's quality of life.



Treatment options are limited, and there is no cure.



Kick start your fundraising

Tackle NF head on with each stride you take and every dollar you raise.

Ready

1

Personalise your page! Your friends, family, colleagues and community want to donate to YOU. Add a profile picture and a personalised bio on why you are taking part in the Step Up for NF challenge.

Set

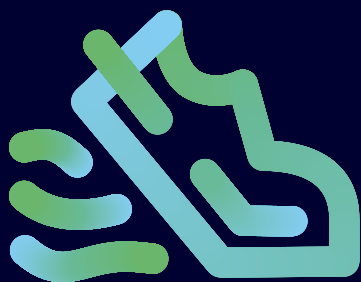
2

Without a fundraising target, there is no benchmark and less chance of raising money. If this is your first time fundraising, start small (maybe around \$250) and work your way up. You can always raise the target again if you reach it.

Go!

3

Let your networks know about your involvement in the challenge by sharing your fundraising page on social media or through email. You can challenge others to hit their own distance and fundraising goals for some friendly competition.



Take the extra step

Create a team

Get your family, friends, colleagues or community group to join you in Stepping Up! It'll help spread the word, and grow your fundraising.

Get sponsored

A great way to get those donations rolling in is to ask your networks to sponsor you. Some employers even match total fundraising amount. It can't hurt to ask!

Self-donate

Be the first to donate to your page and others will follow. Self donations show your commitment to the cause and are a motivator for others to support you.

Say thank you

Don't forget the simple act of saying thanks. Make sure your share with your donors the impact they've had for the NF community of Australia.

**Let's make
progress possible**

Need help? Get in touch:
Fundraising Team
P: 02 9713 6111
E: fundraising@ctf.org.au