

2020 SUGGESTED POSTS

You absolute legend! You've stepped up to the challenge to show 2020 who's boss! So, what's the next step? It's time to let the world know! Below are some suggested social media posts for you to personalise and make your own. Let your friends know what's within your power to #conquerNF and do whatever you need to do to raise those funds.

GETTING STARTED

PROFILE PICTURE

Show the world that you're joining the fight to conquer NF and raising funds by adding the NFHC Frame to your Facebook profile picture!

UPDATE YOUR SOCIAL MEDIA BIO

"This September I will be showing 2020 who's boss by joining the NF Hero Challenge in support of @ctfaustralia and those impacted by Neurofibromatosis (NF). Will you step up to challenge too?"

GET TAGGING!

Keep us and your followers up to date with your challenge! Make sure you tag @ctfaustralia and use the hashtags #conquernf #NFHeroChallenge #NFHero



SUGGESTED POSTS

POST 1 AUG 3 - LAUNCH DAY

Hey everyone, this September I will be showing 2020 who's boss by joining the NF Hero Challenge in support of @ctfaustralia.

I will be [insert challenge description] to raise awareness and start a conversation about Neurofibromatosis (NF).

Every three days a child is born with NF, a genetic condition that causes tumours to grow on nerves in the body, including the brain and spine. With your help, we can #conquerNF. Donate to my page at [insert fundraising page URL] and thanks in advance for the support!

#NFHero #NFHeroChallenge



POST 2 AUG 18 - TAG YOUR MATES

I'm showing 2020 who's boss and helping @ctfaustralia #conquerNF by participating in the NF Hero Challenge!

It's FREE to register and you can make a hero sized difference for families who are living with a genetic disease that is like a ticking time bomb!

I've committed to [insert challenge description] And I challenge [tag friends] to register too!! With our powers combined, we can make a difference!

Are you up for the challenge?

#NFHero #NFHeroChallenge



POST 3 AUG 25 - HELP ME WIN BIG!

Want to help me win a \$2500 gift card to Harvey Norman?

@HarveyNormanAU have generously donated a \$2500 gift voucher for the Highest National Fundraiser in @ctfaustralia NF Hero Challenge, and I want to get my hands on it!

Help me out by donating to my fundraising page here [insert fundraising page URL].

Maybe I'll even share my winnings with you!

#NFHero #NFHeroChallenge

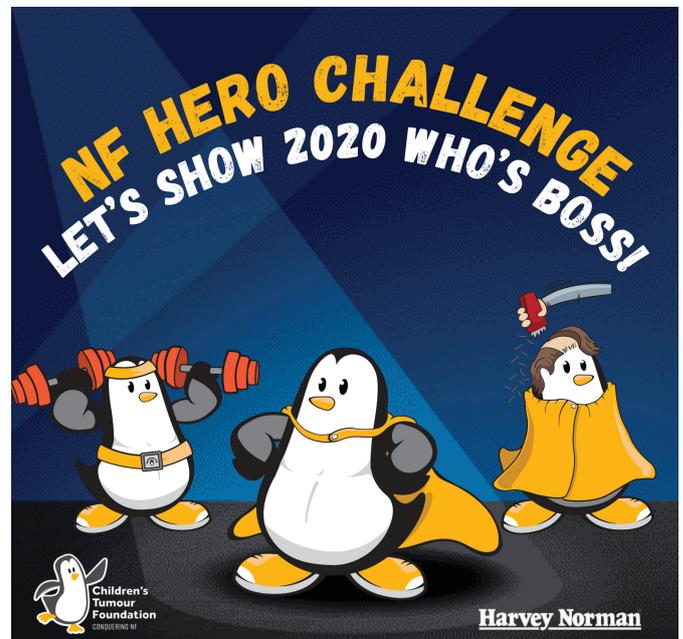


POST 4 SEPTEMBER 1 - KICK OFF

IT'S NF HERO MONTH! This is the month I [insert challenge description] for @ctfaustralia to #conquerNF!

You can donate to my page at [insert fundraising page URL] and together, with your help, we can make sure tumours are never a child's normal. We're in this together, so let's show 2020 who's boss!

#NFHero #NFHeroChallenge



POST 5 SEP 20 - TOGETHER WE ARE STRONGER

Every 3 days a child is born with Neurofibromatosis in Australia. That means every 3 days tumours become a child's normal.

Together, we can create a brighter future for kids like Bianca. A future free of horrible chemo sessions, MRIs, and endless specialist appointments.

We have the power to show 2020 exactly who's boss and help give families impacted by NF back their power when many have felt powerless and lost.

Support me by donating to my fundraising page here [insert fundraising page URL].

#NFHero #NFHeroChallenge



POST 6 OCT 1 - THANK YOU!

Thanks to everyone who donated to my NF Hero Challenge campaign this year. Every dollar helps to ensure @ctfaustralia can continue to provide the vital support to individuals and families impacted by Neurofibromatosis.

Together, we raised [insert fundraising total]. Truly amazing! Your support will help get @ctfaustralia one step closer to conquering NF!

My fundraising page will remain open until xx, so you still have a chance to make a difference.

You can donate to my page here [insert fundraising page URL].

#NFHero #NFHeroChallenge #conquerNF

