

Children's
Tumour
Foundation
CONQUERING NF

NF HERO CHALLENGE

QUESTIONS
You MAY get
ASKed



Proudly Supported by
Harvey Norman

WWW.CTF.ORG.AU/EVENTS/NFHC
#NFHEROCHALLENGE

THANKS FOR STEPPING UP TO THE CHALLENGE!

You're already helping us get one step closer to CONQUERING NF. You'll be making a hero-sized difference in the lives of children and families living with this devastating condition by raising much needed funds and awareness.

Below are some responses to stuff you might get asked about the campaign.

Good luck with your fundraising and let's show 2020 Who's Boss!

WHAT IS NF?

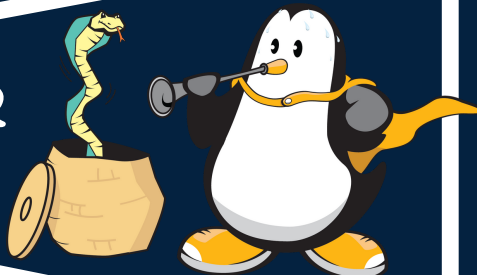
NF stands for Neurofibromatosis, a genetic condition that causes tumours to grow on nerves throughout the body, including the brain and spine.

NF can lead to a range of significant health issues including deafness, blindness, paralysis, physical difference, bone abnormalities, cancer, learning difficulties and chronic pain. There is no known cure and treatment options are limited.



CHALLENGE
yourself

FACE your
FEARS



GIVE SOME-
THING UP



WHAT IS THE NF HERO CHALLENGE?

The NF Hero Challenge is a month-long online fundraising campaign run in September.

We are asking you to step outside of your comfort zone and test your limits by completing an activity that challenges you physically, emotionally or mentally. What you choose is up to YOU!

WHERE DOES THE MONEY RAISED GO?

The money raised goes towards the Children's Tumour Foundation who work to connect people impacted by NF with critical support services and to each other.

The CTF are dedicated to raising money to fund vital research, create awareness and provide practical support for people with all types of NF.

How CAN I get involved?

Good to hear you're up for the challenge!

Registering for the NF Hero Challenge is simple and FREE. Head to www.ctf.org.au/nfherochallenge, fill out your details and submit. It's as simple as that.

A fundraising page will automatically be created, so you can start sharing your fundraising link straight away!



You can support me and the CTF without running your own challenge. I have my very own fundraising page that you can donate to, or you can donate directly to the CTF.

You could also support me by sharing my fundraising link with your friends, family and colleagues. Raising awareness of NF is just as important as fundraising! Copy and paste my fundraising link and let everyone know that you'll be supporting me this September.

How CAN I SUPPORT you WITHOUT REGISTERING FOR THE CHALLENGE?

I'M STUCK FOR CHALLENGE ideas! CAN you HELP me out?

FACE A FEAR

- Perhaps you have a fear of creepy crawlies or heights, fundraise and then at the end of the month, face your fear and be brave, like our NF Heroes.
- Maybe you want to be brave and shave your head or beard to represent those with NF who have to undergo extensive chemotherapy treatments.

GIVE SOMETHING UP

- Give up sugar, alcohol, coffee or all of them!
- Give up something you take for granted to represent the impact NF can have on every element of a person's life.

PHYSICAL CHALLENGE

- Walk 10,000 steps a day to represent the 10,000 people in Australia living with NF
- Commit to swim, cycle or even kayak the distance travelled to and from appointments every year

STILL NOT inspired?

Check out our A-Z of Challenge Ideas! You'll find a bunch of amazing ideas that will inspire you to step out of your comfort zone and test your limits this September!