

YOUR GUIDE TO FUNDRAISING

HELPING KIWIS LIVE BETTER



GET INVOLVED
WWW.CARDIACANDRESPIRATORY.ORG.NZ

ABOUT US

Respiratory conditions like asthma, COPD and sleep apnoea affect 1 million New Zealanders. Heart conditions, like atrial fibrillation and ischemic heart disease, kill 1 in 5 people. Together, the heart and lungs are responsible for thousands of hospitalisations each year. We want to see those figures change.

The Cardiac and Respiratory Foundation NZ provides research, education, advocacy and support to improve the lives of Kiwis living with respiratory and cardiac conditions.

We receive no Government funding, so we rely on the support of generous people like you to keep doing our work.

Thank you so much for your support!



HOW TO ORGANISE A FUNDRAISER

It all starts with a good idea!

The key to a good fundraiser is **fun** – so think of something that you can enjoy and will get supporters interested (check out some ideas on the next page). Once you have an idea, get all the practical details sorted: the date, location and your fundraising target.

Tell us about your event

Let us know what you are doing. We are happy to supply resources to help your fundraiser and we love sharing stories about our generous supporters on social media and our website.

Share your fundraiser with everyone

Let your community know what you're doing by sharing it on social media. Ask your family and friends to share your plans. You could also print off posters for your office, school, community centre or library.

Donate your funds

The best way to share your generous donation with the Foundation is to deposit it directly into our account:

Cardiac and Respiratory Foundation
03 0518 0186452 00

Please put your name and phone number as a reference.

If you would like an invoice, please email us at: info@crfnz.org.nz with your name, address and phone number.

FUNDRAISING IDEAS

HERE ARE A FEW IDEAS TO GET YOU STARTED:

#1

Individual fundraisers

Set yourself a challenge and get your friends and family to sponsor you. It could be a physical challenge (a run, walk, swim) or something totally different - a knitting or dance challenge?

#2

Corporate fundraisers

Make your next team-building event a fundraiser for the Foundation. Challenge your colleagues to work out their lungs with a sponsored stair climb or a sing along. You could host a donation-entry morning tea or after-work drinks event.

#3

School or community fundraisers

Get your students or community group using their lungs and fundraise for a good cause. You could run a skip-a-thon, dance-a-thon or any other a-thon that you choose. Bake sales and gold coin donation days are always great options too.



Callum Massey runs to raise funds

OUR FUNDRAISERS

CHECK OUT A FEW OF OUR PREVIOUS FUNDRAISERS
FOR SOME INSPIRATION



An extraordinary display of endurance and commitment, ultra-marathon runner Nick Ashill challenged himself by embarking on a 48-hour non-stop run. Dubbed 'Laps for Lungs', Nick raised funds and raised awareness for our cause.

In true school spirit, Twizel Area School came together for a month-long Jump Jam fundraiser. Every school day, students gathered for 20 minutes of movement and dance, raising funds to support our education, research and advocacy work.



Auckland University's Quiz Night was more than friendly competition, it turned into a heartfelt fundraiser in memory of a colleague's son whose life was cut short by asthma. Over 70 people dressed in fun 80s outfits to celebrate his memory and support a cause close to their hearts.

YOUR FUNDRAISING MAKES A DIFFERENCE

\$40

Covers creating and delivering one asthma emergency kit to a school in need

\$100

Contributes towards the production of our Asthma and COPD Action Plans and symptom diaries

\$360

Helps place a mobile electrocardiogram (ECG) to a community clinic in need

\$500

Covers presenting one live Sailor the Pufferfish Asthma Show to a primary school or Early Learning Centre

\$5,000

Contributes towards the translation, printing and distribution of our vital cardiac and respiratory resources

We'd love to hear from you!



MARKETING@CRFNZ.ORG.NZ



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