

Morgan's 5k every day in June



Morgan ran a 5k every day in June and raised £1130

What you'll need

- A plan - I planned what time of day I would complete my run each day
- An MRF t-shirt - you can request one of these - this helps with awareness and spreading the message
- Lots of water
- Stickers to hand out
- Confidence - know that you can do it
- Some knowledge of social media - this helped me reach my high target



Raising money

- Create a JustGiving page - go to www.justgiving.com/mrf and click 'fundraise for us'. You can then create a page all of your own
- Add a photo and a target to your page and write a bio about what you're doing and why
- Once you're happy with how it looks, you can start sharing your page with friend's and family!
- Make sure you keep the message out there about your fundraising - telling as many people as you can

Top tips

- Using social media helped me raise such a great amount
- Shout it from the roof tops! Don't be afraid to post every day, on all accounts. I shared my page every day on Facebook and Instagram
- Ask others to share your posts to get the most reach
- You could even add little fundraisers during the big event - I know for my next fundraiser I will definitely be adding a bake sale

Post event

- Post the final amount on social media with an update of how you got on
- Thank everyone who donated, - I did this on all my social media posts, or personally thanked those who donated



For more information contact
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"I raised £1130 by sharing my fundraising page on social media every day"

Morgan McCallum

www.meningitis.org