

#SlowStopCureParkinsons  
#ParkinsonsAwarenessMonth

# PARTICIPATE FOR PARKINSON'S

## Fundraiser Guide





# PARKINSON'S AWARENESS MONTH

Thank you for choosing to fundraise for Shake It Up and innovative Australian research to slow, stop and cure Parkinson's disease.

**100% of the funds you raise will support Australian Parkinson's research thanks to our founding director's commitment to cover all administration costs.**

If you have any questions or need assistance with your fundraising, please contact our Community Fundraising and Events Manager, Isobel, at [isobel@shakeitup.org.au](mailto:isobel@shakeitup.org.au).

## FUNDRAISING IDEAS

### Pace 4 Parkinson's



### Pedal 4 Parkinson's



### Picnic 4 Parkinson's



### Paws 4 Parkinson's



### Play 4 Parkinson's





## FUNDRAISING TIPS



**Share your fundraising** – spread the word far and wide among your friends, family, colleagues, and local community and let them know they can help with a donation. Post to social media, send emails, print out posters, anything you can think of!



**Say thank you to your donors** – you can thank your donors in person, via message or through the dashboard of your fundraising page.



**Matched giving** – if you're fundraising in your workplace, ask about whether your organisation can match the donations you raise to double the impact of your fundraising.



**Cash donations** – if you receive any cash or cheque donations, these can be deposited directly into our bank account. Please contact us at the details below to receive our bank details.

**Check out our [resources page](#) to find heaps of printable and sharable content, including our logo, posters, quotes, fact sheets and videos.**

*Get in touch with our Community Fundraising and Events Manager, Isobel, at [isobel@shakeitup.org.au](mailto:isobel@shakeitup.org.au) to find out more about Matched Giving, cash donations or any other fundraising ideas and queries.*



## FUNDRAISING IDEA: PANCAKES 4 PARKINSON'S

Gather your friends and family, rally your colleagues at work or muster your local community group to support Parkinson's research through a pancake fundraiser. Host your pancake event with either a donation for entry, or donate the funds raised from selling your pancakes.

**HOW:** Pick a date, purchase your pancake supplies, and invite your guests!

**COLLECTING FUNDS:** You can charge for entry to your fundraiser with free pancakes on offer to guests, or you can sell pancakes and donate all funds or proceeds (after costs) as a lump sum to Shake It Up. Guests and individuals purchasing pancakes cannot receive a tax receipt for these funds. If anyone wishes to donate on top of purchasing pancakes, they can do so via an online fundraising page.

### TIPS AND IDEAS:

- Ensure you are following [proper food safety standards](#).
- Use pancake shaker bottles for your fundraiser to 'Shake It Up for Parkinson's' and highlight that Parkinson's isn't just the shakes.
- Local community initiatives like sport teams or hobby groups are great places to host a Pancakes 4 Parkinson's fundraiser.
- If you're hosting a workplace Pancakes 4 Parkinson's fundraiser, ask your organisation if they would match the funds collected on the day with their own donation, doubling the impact of your fundraising.
- If you have kids, consider hosting a Pancakes 4 Parkinson's fundraiser at your school. Contact your school to arrange and [speak with our Community Fundraising and Events Manager, Isobel, if you need assistance](#).



## QUICK FACTS ABOUT PARKINSON'S

- Over 200,000 Australians live with Parkinson's
- It's the fastest growing neurological disorder in the world
- 10% of those are under 40 years old
- No two people have the same experience of Parkinson's

## SOCIAL SHARING

Don't forget to include a link to your fundraising page when you share with your friends and family via your social channels! [You can find shareable resources here to include](#) as well.

Here's an example post you can include:

*"I'm fundraising for Parkinson's Awareness Month, and I'd love your help. Parkinson's disease is a cause close to my heart and you can help fund game-changing research to slow, stop and cure Parkinson's disease by donating to my fundraising page. All donations, big and small, will make a difference. 100% of all donations to Shake It Up Australia go straight to research!"*

Please share your photos, videos and stories on social media, using our hashtag **#SlowStopCureParkinsons** and tagging us **@shakeitupaust** on all channels.

# TAX RECEIPT DETAILS

Fundraiser's Details	
Full Name:	
Phone:	
Email:	
Event Name and Date:	

All donations over \$2 are tax deductible Please note receipts are provided for donations only. This does not include the purchase of raffle tickets, registrations, entry tickets or auction items.

If your guests require a receipt, please complete the form below with their details and return to Shake It Up after your event to [admin@shakeitup.org.au](mailto:admin@shakeitup.org.au). Receipts will be issued by Shake It Up. Please photocopy or print multiple pages of this form if you require more receipts.

**To save postage costs, please provide your email address for your receipt to be emailed.**

Full Name:
Phone:
Address:
Email:
Donation Amount:

Full Name:
Phone:
Address:
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Donation Amount:

<b>Full Name:</b>
<b>Phone:</b>
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