



How to ask for donations.

We've made it simple – use the email and social media templates below to ask friends and family for support. Just copy, paste and personalise, and you are ready to go!

EMAIL COPY TEMPLATE

Subject line: I'm walking for a cancer free future

Body copy:

Hi [\[INSERT NAME\]](#),

I'm taking on the 7 Bridges Challenge this October and will be walking 28km for people impacted by cancer.

Every year in NSW alone, more than 47,000 new cases of cancer are expected to be diagnosed and the impact on families, carers and communities is significant.

I'd love your support! Please sponsor me and help those affected by cancer: [\[INSERT LINK TO FUNDRAISING PAGE\]](#). My goal is \$[\[INSERT FUNDRAISING GOAL\]](#).

Every step counts because all funds raised will help Cancer Council work towards the vision of a cancer free future.

Thank you for your support!

[\[INSERT YOUR NAME\]](#)

SOCIAL MEDIA COPY TEMPLATE

Hi everyone!

I'm taking on the 7 Bridges Challenge this October and will be walking 28km for people impacted by cancer. Please donate to my page: [\[INSERT LINK TO FUNDRAISING PAGE\]](#). My fundraising goal is \$[\[INSERT FUNDRAISING GOAL\]](#). Every year in NSW alone, more than 47,000 new cases of cancer are expected to be diagnosed and the impact on families, carers and communities is significant. Every step counts because all funds raised will help Cancer Council work towards the vision of a cancer free future. Thank you for your support!

