



Your guide to fundraising

Help Kiwis breathe better

Registered charity #CC53035



1 in 7 New Zealanders live with a respiratory condition. That's more than 700,000 Kiwis who know what it feels like to struggle for breath.

The Asthma and Respiratory Foundation New Zealand works to help all New Zealanders breathe better. We provide resources, education, advocacy and research on respiratory conditions like Asthma, Chronic Obstructive Pulmonary Disease (COPD) and Bronchiectasis.

We receive no government funding and rely on the generosity of our supporters to help us with our work. By fundraising with us, you are helping Kiwis breathe better.

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 will enjoy and will get supporters interested (Check out our ideas on the next page). Once you have an idea, get all the practical details sorted: the date, location and your fundraising target. Set your goal high – people will be generous for a good cause.

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. Post it on social media and ask your family and friends to share it. You could also print off posters for your office, school, community centre or library.

Bank your funds.

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

Asthma 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@arfnz.org.nz with your name, address and phone number.

Remember to say a big thank you to all your supporters!

Let them know their contribution is making a real difference to New Zealanders with respiratory conditions.

Be social!

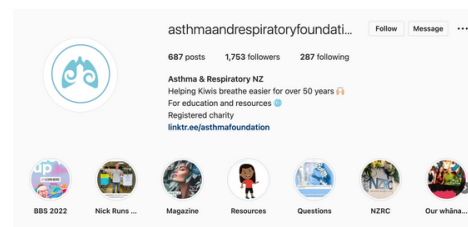
Social media is a great way to share your fundraiser. Here are a few tips to help you:



Creating a **Facebook** event is a great way to get community involvement. You can also share your event on relevant community pages and message boards.



LinkedIn is the perfect place to share your fundraising efforts with colleagues or to promote your team's event with a wider network.



Share images of your event or training for your event with your **Instagram** followers. Use hashtags like **#asthmafoundation** **#arfnzfundraising** to connect with others.



Fun run



Bake Sale



Team building event

Fundraising ideas

Here are a few ideas to get you started:

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?

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.

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.

Gifts for good

Do you have a special event coming up? You can register your celebration with the [Good Registry](#) and ask your guests to donate directly to the Foundation or buy a Good Registry voucher as a feel-good gift.

You could also consider a quiz night, movie fundraiser, or contributing an item to the Foundation for a Trade Me charity auction – there are so many options!

**get in
touch!**

Share your plans with us.
Contact:
marketing@arfnz.org.nz



Join our events

Every year the Foundation runs two main fundraising events: World Asthma Day in May, and Breathe Better September. We would love for you to get involved.

World Asthma Day

World Asthma Day 2023 will be celebrated on **2 May**. The Foundation marks this day in a variety of ways, including running a fundraising campaign to raise money for our work in asthma education and advocacy.

Breathe Better September

The Foundation dedicates the whole of September to our annual awareness and fundraising campaign. In 2022, our supporters raised just over \$15,000 through active challenges.

Get involved

Individuals, schools, community groups and businesses are all welcome to be part of our annual fundraisers. Our events are inclusive so that people can participate as they are able.

We are always looking for individuals and groups to join our activities, as well as businesses or others able to donate prizes for our events. Keep in touch with us to see what we have planned.



Pictured: Nick Ashill on his fundraising run across the USA

Sign up to our email database or follow our Facebook page to see what we are planning in 2023.

Sign up

Your fundraising makes a difference

\$55

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

\$100

contributes towards the production of our Asthma or COPD Action Plans

\$135

pays for the upskilling of one health professional through our Asthma & COPD Fundamentals eLearning course

\$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 respiratory resources

Get in touch with us today - we'd love to hear from you!



MARKETING@ARFNZ.ORG.NZ



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