

Help us mend a broken heart

Fundraising for East Timor Hearts Fund

**EAST
TIMOR
HEARTS
FUND**

Australians supporting a healthy Timor-Leste



Getting started

CREATE A FUNDRAISING PAGE

To get started, create an online fundraising page. Go to our website at www.easttimorheartsfund.org.au and follow the links to set up a fundraising page on Everyday Hero.

Make your profile personal and engaging – include a photo and explain why you're passionate about supporting the work of East Timor Hearts Fund. Don't forget to post regular updates about your fundraiser to encourage your friends, family and colleagues to get involved.

SET YOUR GOAL

It's easy to inspire people when you have a real goal in mind. Over the page you'll find some examples of specific projects that your fundraising can help support.

Untreated heart disease is one of the biggest health challenges facing our neighbours in Timor-Leste.

One in every 28 people, and one in 20 girls, has rheumatic heart disease, a condition that's treatable and preventable.

At East Timor Hearts Fund we believe that everyone should have the opportunity to enjoy good heart health.

We provide surgery in Australia and Timor-Leste for the most urgent cases, preventative penicillin treatment and heart health education for communities and health professionals. But we can't do it alone!

Help us mend a broken heart by dedicating your next sporting event, birthday or wedding celebration or office fundraiser to us.

Six ways to fundraising success!

TIP 1: BACK YOURSELF

Lead by example and make the first donation on your fundraising profile. If possible, make it a generous one (\$100 or more), as many people look at the earlier donations as an indication of what they should give.

TIP 2: SPREAD THE WORD

Email a link to your fundraising page to relatives, friends and colleagues. Let them know what you are fundraising for and why you are passionate about supporting the work of East Timor Hearts Fund. Don't be shy about directly asking them to donate!

TIP 3: GET SOCIAL

A strong social media presence will help boost your fundraising, so share content with a link to your fundraising page regularly. If you're planning an event, or training for a marathon, share some photos and stories to help involve and inspire your network. Tag East Timor Hearts Fund in your posts and we'll re-share!

TIP 4: MAKE IT EVENTFUL

Make it fun with a fundraiser or event. It doesn't need to be elaborate – host a morning tea or barbecue, clear out your wardrobe and hold a clothes swap, get your neighbours together for a combined garage sale or organise a trivia competition or movie night.

TIP 5: TAKE IT TO WORK

Ask your manager about holding a workplace event, such as a casual clothes day or morning tea. You may also be able to promote your involvement in the event using your staff intranet, messaging platform or newsletters. Some employers will match employee donations, so ask about this as well.

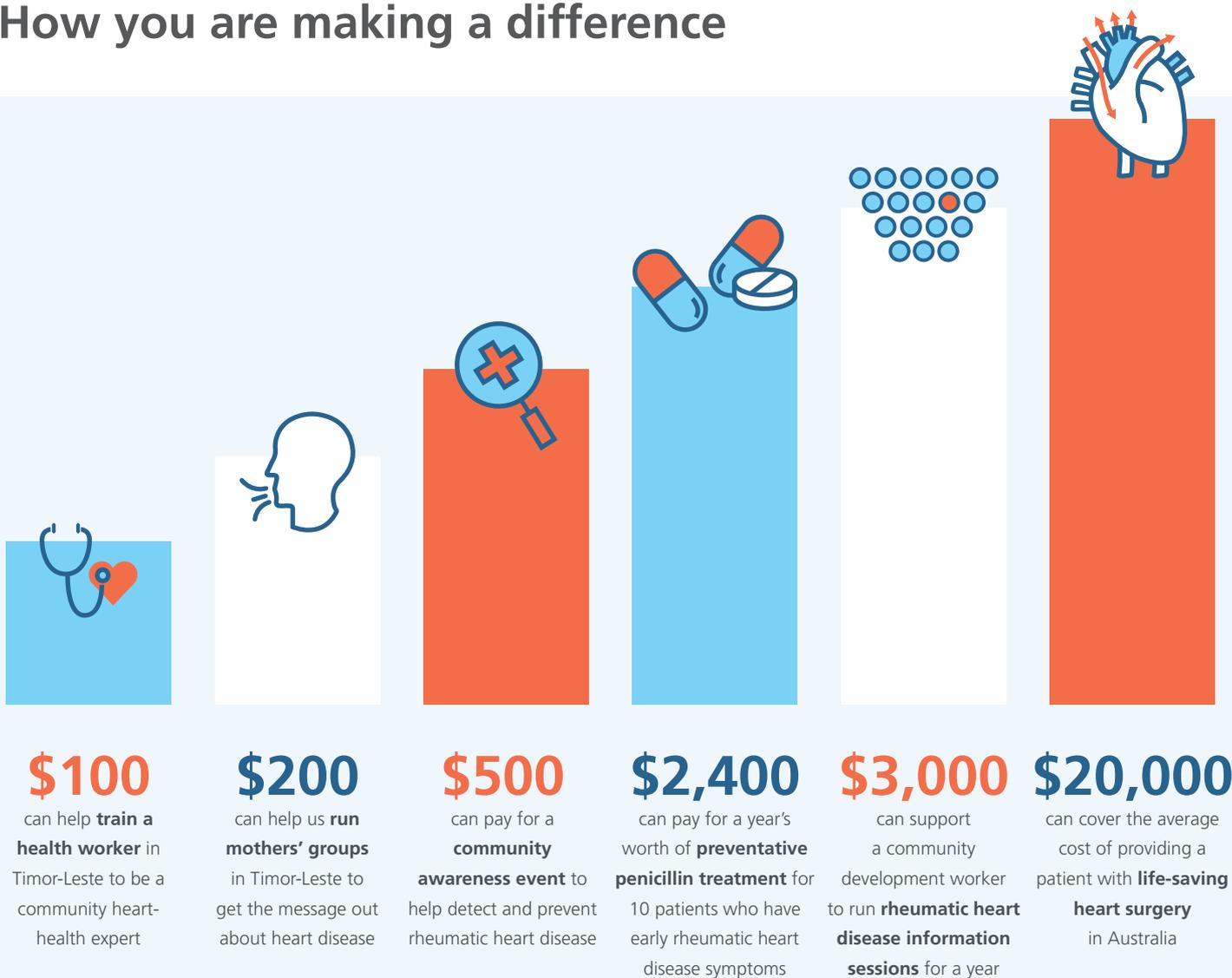
TIP 6: SAY THANKS

Thank your donors as soon as possible by leaving a message on your fundraising profile, or by contacting them directly via email. Don't forget to thank all your supporters again after you have completed your fundraiser to remind them what a difference the funds raised will make.

Your impact



How you are making a difference



Snapshot of RHD in Timor-Leste

1 in 20 girls

1 in 53 boys

1 in 28 people



Source: Broken Hearts in Timor-Leste: an Echocardiography-based Prevalence Study of Rheumatic Heart Disease in School Students, Summary Paper February 2018.