



**BRING IT ON
ZIP & CLIMB**

SATURDAY 17 SEPTEMBER 2022





BRING IT ON ZIP AND CLIMB FUNDRAISING GUIDEBOOK

WELCOME

Thank you for signing up to participate in the 2022 Bring it On Zip and Climb for CF fundraiser - we are so glad to have your support!

By participating in the 2022 Bring it On Zip and Climb, you are helping to make a big difference to the lives of children and adults living with cystic fibrosis in WA and helping us get closer to our vision of 'Lives unaffected by CF'.

This guidebook contains everything you need to know about the Zip and Climb event as well as plenty of tips and tricks to help you make the most of your fundraising.

Our team are looking forward to supporting you throughout this event, so please get in touch via events@cfwa.org.au or 08 6224 4100 if you have any questions or would like to know more.

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EVENT DETAILS

Date: Saturday 17 September 2022

Time: Between 8am and 2pm (subject to change)

Location: Matagarup Bridge (near Optus Stadium)

Cost: Zip & Climb \$99 16+ / \$79 8-15yo
Climb only \$79 16+ / \$59 8-15yo

Fundraising: Each participant must raise a minimum of \$600 each to climb

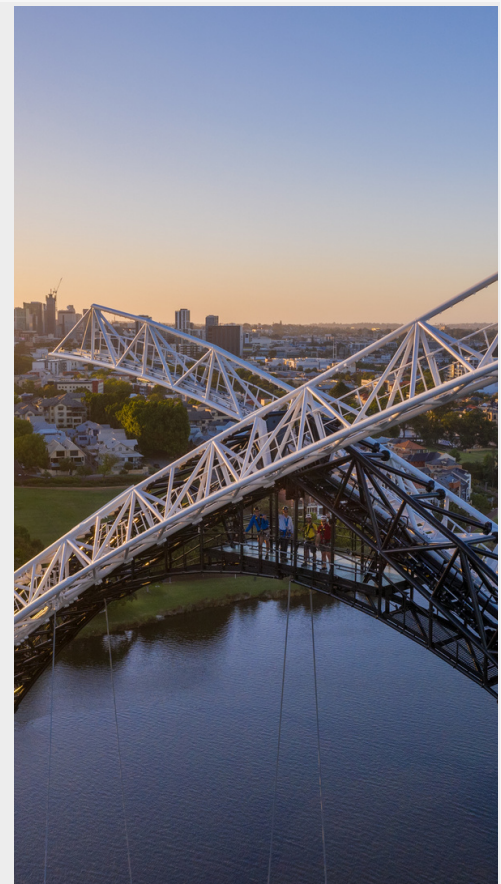
What's included

- Safety briefing and guided climb of Matagarup Bridge by Zip+Climb staff
- Resource pack with a fundraising toolkit and other goodies
- Catering and refreshments provided on the day
- Certificate of achievement

FUNDRAISING

Cystic Fibrosis WA relies on the generous support of fundraisers in the community to continue to provide essential services for the cystic fibrosis community and invest in vital research.

Each participant in the Bring it On Bridge Climb will be required to raise a minimum of \$600 to participate on Saturday 17 of September. CFWA will support all fundraisers to achieve this target by providing plenty of resources, tips and encouragement in the lead up to the event.





HOW YOUR FUNDRAISING HELPS

Cystic fibrosis (CF) is a genetically inherited lifelong condition that requires daily and ongoing treatment. Cystic Fibrosis WA provides essential support services and funds critical research to improve the lives of children and adults living with CF.

When you raise funds for CFWA, you're making a valuable investment in our vision, **'Lives unaffected by CF'**

CONTRIBUTION

RESULT

\$125

Can facilitate an education session for teachers of CF students

\$250

Can provide a week's worth of care packs for patients staying in hospital

\$375

Can purchase a portable nebuliser for a person with CF to take daily medications

\$500

Can contribute to a vital CF research project



RAISING AWARENESS

Fundraising events are a great opportunity to increase awareness of cystic fibrosis (CF) in the wider community. Here is some information to share with your networks:

CYSTIC FIBROSIS

- CF is a recessive, genetic condition which primarily affects the respiratory and digestive systems
- In people who have CF, mucus in the body becomes thick and sticky and builds up in organs such as the lungs and pancreas
- Treatment of CF can take between 1 to 4 hours a day and includes medications, physiotherapy, exercise and a high calorie diet
- People living with CF can be more susceptible to illness and infections, which can cause permanent lung damage

KEY FACTS

- Currently there is no cure for CF
- 1 in 25 Australians are carriers of the CF gene
- In Australia, a baby is born with CF every four days

CYSTIC FIBROSIS WA

- CFWA is a not-for-profit that provides essential support services and funds vital research to improve the lives of children and adults living with CF in WA
- CFWA provide several essential support services, including community and health professional education, home and hospital care, counselling, subsidies and equipment gifts



FAQ'S

For FAQ's specific to the climb please visit www.zipclimb.com.au/frequently-asked-questions/

This includes dress code, physical requirements, what to bring, waiver information etc.

DO I HAVE TO FUNDRAISE?

Yes, all registered participants must raise a minimum of \$600 prior to the event day to be able to participate in the Zip and Climb. Funds raised from this event will help CFWA continue to provide essential support services and fund vital research.

WHAT IF I DON'T REACH THE FUNDRAISING TARGET?

Our team are experienced in guiding supporters to raise funds. We will send you regular fundraising advice and plenty of resources to help you reach your target. Please get in touch at events@cfwa.org.au if you are having trouble with fundraising to discuss additional support.

WHEN WILL I GET TO CLIMB?

All the climbs will be held on Saturday 17 September. The climbs will run between 9am and 2pm and will be allocated by our team. You will be notified of your climb timeslot closer to the event.

CAN I PARTICIPATE AS A TEAM?

Each participant will need to register and fundraise the minimum fundraising target as an individual. However, we welcome you to encourage friends, family and colleagues to participate with you. This year, upon registration you'll have the option to create a team. Contact our team on events@cfwa.org.au to discuss team participation further.

OTHER QUESTIONS

Contact our team at events@cfwa.org.au or 08 6224 4100.

SHARE YOUR STORY TEMPLATE

Please answer the following questions and send a high resolution photo of yourself to our team at events@cfwa.org.au

Your name: _____

Why are you participating in the Bring it On Zip & Climb?

What are you looking forward to most about the Bring it On Zip & Climb?

Is there anything else you would like to add?

EXAMPLE...

Your Name: Stephen

Why are you participating in the Bring it on Zip & Climb?

To show support for people living with cystic fibrosis.

What are you looking forward to most about the Bring it On Zip & Climb?

The view from the top of the bridge!

Is there anything else you would like to add?

I'm excited to be able to climb the Matagarup Bridge and raise awareness for CF.



DOWNLOADABLE RESOURCES

Visit our [website](#) to download these free resources to help with your fundraising.

BANNERS



Email Banner



Facebook Cover



LinkedIn Cover

SOCIAL TILES

These square tiles can be used across Facebook, Instagram and LinkedIn.

