

x x
x x
x x
x x

WORLD
FSHD
DAY 

Unite to find a cure

FUNDRAISING KIT



UNITE TO FIND A CURE!

World FSHD Day is held on June 20 and aims to raise public awareness for FSHD. Few members of the public have never heard of Facioscapulohumeral Muscular Dystrophy, and many affected individuals don't know that they have the condition.

This international day aims to bring awareness of this debilitating disease to the general public and decrease the misdiagnoses within the medical industry.

Within this fundraising kit you will find a range of tools and ideas to help you - help us raise awareness!



GET DIGITAL!

Running a fundraiser online is easy! Here are few ideas and ways that you can do this while in isolation!

Run a Virtual Event

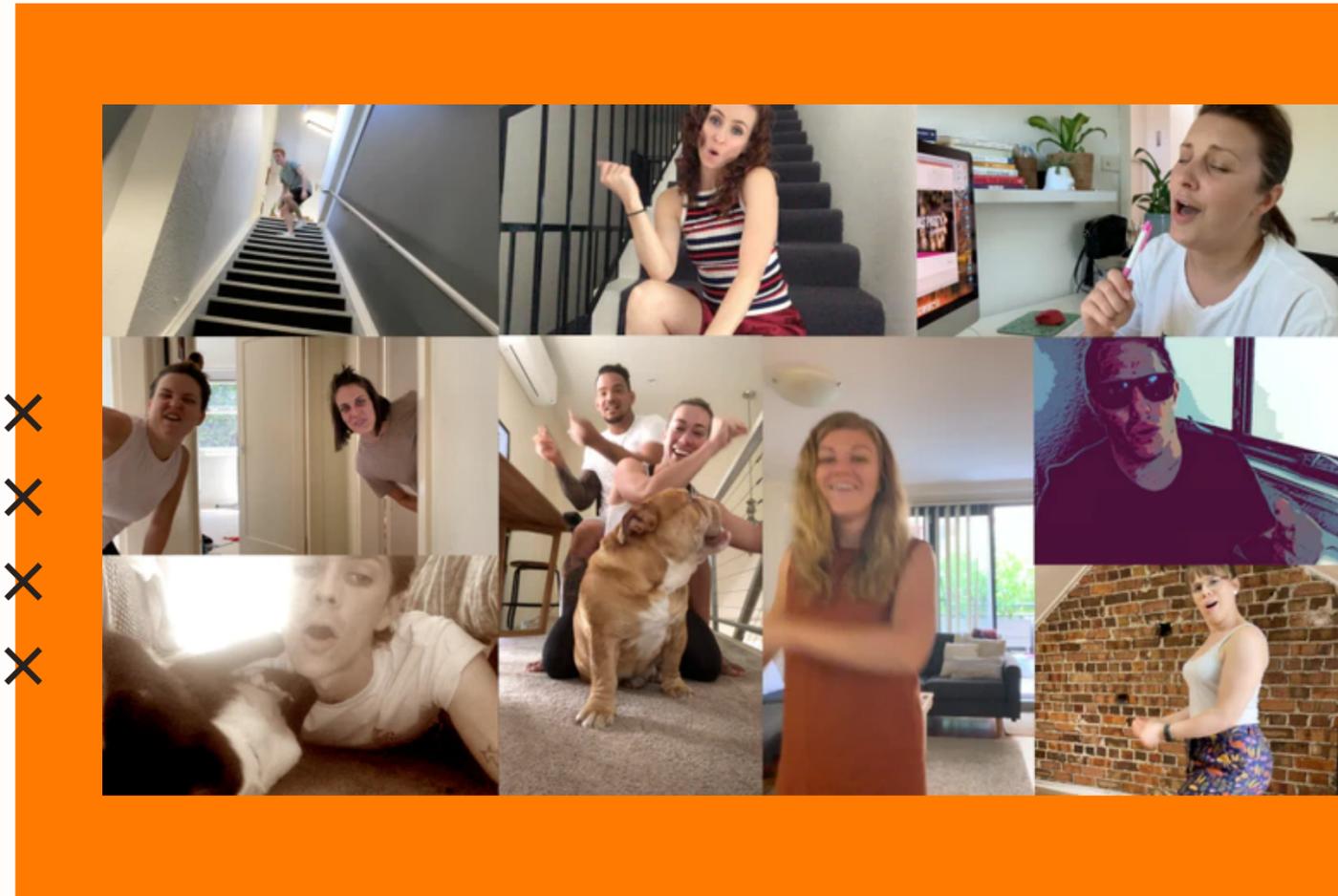
There are a range of different platforms that you can use to help create your event online:

- Google hangouts
- Google meets
- Zoom
- Houseparty
- Microsoft Teams.

To help you get inspired, here are some ideas to help you plan your virtual event.

- Virtual Lunch or Dinner party.
- Cocktail Night: Everyone makes their favourite cocktails.
- Virtual Man Date.
- Facebook Trivia: Facebook have a range of different LIVE trivia groups that you can join.
- Virtual Raffle Fundraiser.

× ×
× ×
× ×
× ×

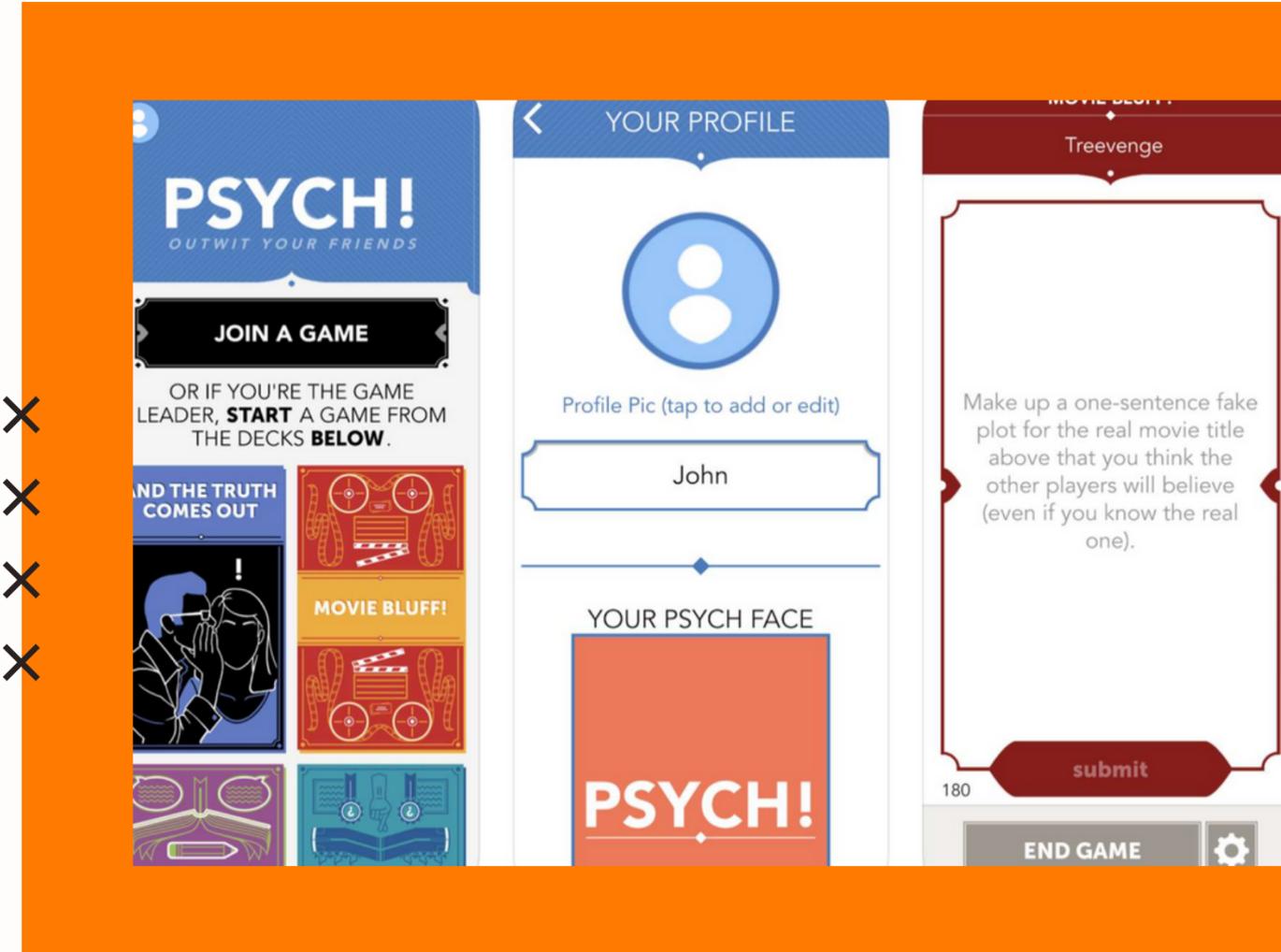


Virtual Game Night

Host a virtual game night with multiplayer apps. Schedule in a date a time and ask everyone to donate to take part in the game night.

Here are list of applications and games that you can use:

- Psych
- Scrabble Go
- 8 Ball Pool
- UNO
- Heads Up! on Houseparty
- Yahtzee With Buddies
- Boggle With Friends
- Scattergories

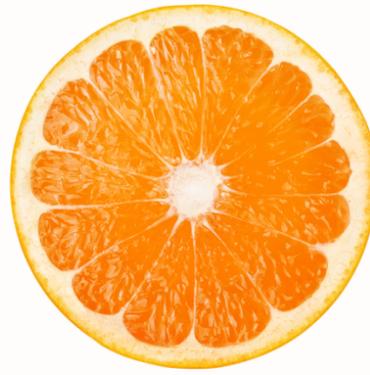


All of these games are available through the app store and google play.

GET SOCIAL!

An event might not be the ideal fundraiser for you and that's ok,
here is a bunch of other ways you can get involved.

Orange Slice Selfie



Slice, smile and snap!

Taking part in the Orange Slice Selfie campaign is just that simple. Though each selfie includes the classic orange slice in place of a smile, what makes each one special is what you add to it.

Grab your friends, family or pets and help us to bring awareness to FSHD. Don't forget to include the #WorldFSHDDay hastag in your post!.

Here are some suggestions for posts:

- On June 20, I'm raising awareness for World FSHD Day by sharing an Orange Slice Selfie! Share a photo of your Orange Slice Selfie to show your support to #WorldFSHDDay.
- To unite our community & raise awareness to the disease, I'm sharing my Orange Slice Selfie. Join me by sharing yours or by making a donation to the @fshdglobal





x x
x x
x x
x x

Facebook Fundraiser

Create a fundraiser for yourself or someone else through Facebook on World FSHD Day. You can then share this on your personal page, with your friends and/or connect friends to your fundraiser.

People can then donate to your fundraiser in just a few clicks without leaving Facebook. This is a quick and easy way to help support World FSHD Day.

GET CREATIVE WITH AN EVENT!

Every dollar counts, so no matter how big or small your event is
we'd love your support!

Morning or Afternoon Tea

Morning or afternoon teas are a great idea to get everyone involved. Host it at your home or work and ask your friends or colleagues to bring a plate and charge an entry fee to attend or a cold coin donation.

× ×
× ×
× ×
× ×





- ×
- ×
- ×
- ×

Casual Day or Dress Up Day.

Hold a casual or dress up day (wear something orange) at your work and ask your colleagues to donate a set amount for being involved.

School Mufti Day.

Get involved with your local school community by organising a school mufti or orange dress up day for a gold coin donation.





Dinner Party.

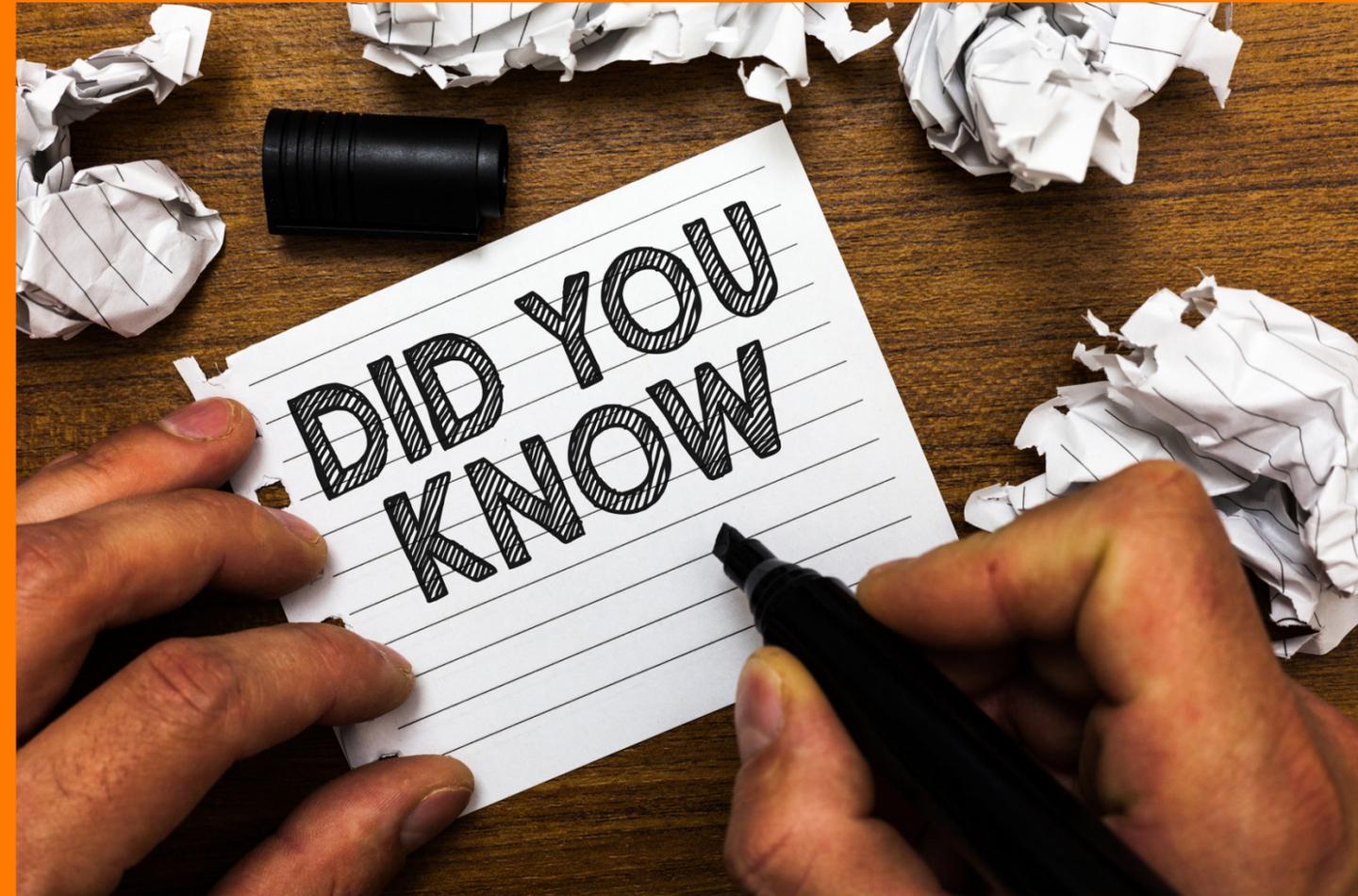
Get together with your friends and family and host a dinner party. Prior to the evening you could seek donations of goods or local vouchers from your community to hold a raffle on the night.



Trivia Night

Create a trivia night with your friends or colleagues. Each guest could pay an entry fee to attend with the winner taking home some donated prizes from your community.

Know someone that hosts trivia nights? Ask the host to talk about World FSHD Day and to see donation's for evening.



START PLANNING!



01

REGISTER YOUR EVENT!

It is important you let us know about your event and become an official FSHD Global fundraiser. This way we can help promote your event and offer assistance in any way we can. Register your event by emailing us at admin@fshdglobal.org

02

FOCUS ON FUNDRAISING

Although World FSHD Day's main goal is raising awareness for the disease, we still aim to raise funds for medical research and education to ultimately find a cure for FSHD. Put a fundraising strategy in place – how much do you want to raise from your event? How will you achieve this? Raffles, gold coin donations, entry fees, guessing competitions and sales are all great ways to raise funds.

03

CREATE A PAGE

Consider using a fundraising platform to assist in your fundraising. there is a range of different fundraising platforms you can use. GiveNow, Gofundme, EverydayHero. These are fantastic websites to help you promote your event, receive and track donations.



04

PROMOTE YOUR EVENT

Make sure everyone knows about your event with posters, email reminders and social media! We encourage you to use all social media platforms including Facebook, Twitter and Instagram to promote your event. Send us your poster, announcement or images and we'll help promote your event on our official social media sites. If you haven't already – follow us:

Facebook: /FSHDGlobal

Twitter: @FSHD

Instagram: @fshdglobal

Hashtag: #FSHDGlobal and #WorldFSHDDay

05

UNITE TO FIND A CURE

On June 20th, we encourage every one of our supporters to change their Social Media profile pictures to a World FSHD Day logo and use the official hashtags #WorldFSHDDay.

06

POST EVENT

Ensure that you take lots of photos of your event and let us know how you went. Don't forget to bank your funds! Ensure you deposit cash donations to your page or directly to the Foundation through our website www.fshdglobal.org/donate

OUR STORY

The FSHD Global Research Foundation was established in 2007 by Australian businessman, philanthropist and sufferer of FSHD, Bill Moss AO.

Our mission is to find a cure for Facioscapulohumeral muscular dystrophy (FSHD) within five years. A disease that affects an estimated one million people globally. It is caused by an overexpression of a protein called DUX4, which is toxic to muscle.

The true prevalence of this disease is still unknown. Due to poor diagnostics and misdiagnosis, many people live unaware they carry the genetic gene, at risk of passing down generations. The Foundation's aim is to increase awareness and fund national and international researchers to undertake both clinical and basic research projects that can lead to identifying the cause and a future cure for FSHD. We also aim to increase the knowledge and awareness of FSHD among medical practitioners, researchers, patients, donors and the general community.

FSHD Global invests directly into well managed Biotechs that have a major focus on technology which has a prospect of leading to clinical trials in patients with any muscular dystrophy that can:

- Grow muscle cells in human tissue
- Improve muscle wellness
- Develop wearable technology to assist in movement

Until 2020 and the challenges of COVID-19, FSHD proudly allocated 100% of all tax deductible cash donations to current and future medical research grants, investment and education, whilst the Foundation's operations are supported by non-tax deductible sponsorships. We hope to return to this proud point some time in 2021. With no government funding or support, our unique operating model continues to offer great transparency and accountability in allowing us to continue to fulfil our mission.

CONTACT US

FSHD GLOBAL RESEARCH FOUNDATION

Phone: +61 02 8007 7037

Email: admin@fshdglobal.org

Address: PO Box A296, Sydney South NSW 1235

Website: <https://fshdglobal.org/>



FSHD
Global Research
Foundation Ltd