

CHALLENGE

30

Welcome

Get your team together by registering your corporate or community team in Challenge 30.

Supporting Challenge 30 & Lung Foundation Australia is a fun & exciting way to support life-changing services, the development of education resources, advocacy efforts & groundbreaking research into lung disease & lung cancer.

Raising funds will make a real difference in the lives of patients and their families.

Your team can take on any challenge, from something physical like walking & running to something more creative, like team baking or a three-legged race. Your event can be as low-key or as extravagant as you like! Encourage some healthy competition or harness the event for a team-building activity.

We can assist in setting up your team page so you can raise donations and share updates. Every donation will receive a tax-deductible receipt.

Join in the fun of Challenge 30, over 300 hours, March 19-31.

Christa Bayer
General Manger, Development
Lung Foundation Australia



GETTING STARTED

1 Set up your fundraising page

The best way to fundraise is by creating an online fundraising team or page here:

lungchallenge.com.au. Once created, others can join your team & add personal touches like photos or branding. If assistance is required at any time, please reach out to the team 1800 654 301 or supporters@lungfoundation.com.au.

2 Choose your Challenge

Join us in celebrating our 30th Anniversary and pick a challenge themed with the number 3, 30, 300 or even 3000. Whatever challenge you choose you will have 300hrs (12.5 days) complete it. Can't decide? See some ideas below.

3 Set a Goal

How much do you want to raise? You may be surprised at how your community gets behind you! Remember you can always update your goal later on. Shoot for the stars & remember to download the team poster to keep track of your efforts at lungchallenge.com.au/resources.

4 Teamwork makes the Dreamwork

Fundraising with others is a lot of fun and can make your target more achievable; recruit your family, friends or workmates to join you in your challenge, or maybe they will take on their own?

5 Spread the Word

Share your challenge on social media (there are buttons below your profile picture), challenge the other teams within your company or a competitor to get involved! Let people know why the cause is close to your heart – it is likely to get you extra support!

6 Enjoy Yourself

Now that you're all set up enjoy your challenge & the rewarding sense of making a difference.

7 Don't forget your Thank Yous!

Reach out to your supporters or give them a shout out on social media! No matter how big or small every dollar makes a difference.

Challenge Ideas

There are so many ways you can engage your team to take part & fundraise for Challenge 30!

Whether you are taking the challenge with your workmates, friends, family or flying solo there is something for you.

Let's get Physical

- 30 sit ups every day
- Run 3km a day
- Throw a ball for your dog 30 times – who will tire out first, you or them?

Teamwork makes the Dreamwork

- Host a quiz – maybe on a Friday afternoon?
- Hold the office Olympics! – create a series of office challenges like touch typing, chair racing or paper plane flying to see who has what it takes!
- Step-a-thon – break out your competitive side – who can get the most steps in 300 hrs?

Getting Creative

- Who can build a tower of blocks 3 meters high that lasts the 300hrs?
- Hold a 3-legged race!
- Bake 30 cupcakes – maybe you should give them out to your supporters?

Hot Tip

Remember to ask your workplace if they offer **matched giving program**, it could double your fundraising dollars!

Hot Tip

Share your posts on social media with the hashtag #challenge30 or tag @lungfoundationaustralia so we can show off all the amazing work you're doing!

Your Fundraising Impact

1 in 3 Australians will experience a lung disease or lung cancer in their lifetime.

Challenge 30 was created in 2020 in the face of the COVID-19 pandemic, to offer a safe, fun & inclusive way for our community to stay active and involved with Lung Foundation Australia.

Whole-heartedly embraced by our community & partners it has become an annual event raising vital funds to support Australians living with lung disease & lung cancer.

Get a team together to take on a challenge that comes with the rewarding sense of making a difference for some of the most vulnerable people in the community.

Every dollar raised will make a real difference in the lives of patients and their families, the impact can be seen across the range of projects such as:

- Our Peer Support Program brings patients together online or in person to ensure every person can have a sense of belonging no matter their circumstances.
- The 1800 support line allows patients, their families or carers to call up to access free, vital support as well as to book appointments with our specialist lung nurses.
- Our research program offers grants to early career researchers ensuring more researchers begin and stay in the lung health area.

Include your team in the fundraising fun by downloading the fund-tracking poster. You set your own goal & colour the thermometer as you go. Seeing goals surpassed will encourage your team to keep up their momentum!

Maximise your fundraising.

- Email your colleagues or post on your intranet to raise event awareness.
- Recruit others to join your team.
- Ask for sponsorship – not matter how big or small it makes a difference!
- Share your page on social media – encourage your friends, family, clients, and suppliers to support you in your challenge!
- Remember to tag us so we can support you! @lungfoundationaustralia #lungfoundationaustralia #challenge30

The Official Bits

Remain COVID-19 Safe

As a condition of participation you must ensure your activities fit within the COVID-19 guidelines mandated by your state.

Find your up-to-date information:

ACT: <https://www.covid19.act.gov.au/home>

NSW: <https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules>

NT: <https://coronavirus.nt.gov.au/>

QLD: <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/urgent-covid-19-update>

SA: <https://www.covid-19.sa.gov.au/>

TAS: <https://coronavirus.tas.gov.au/>

VIC: <https://www.dhhs.vic.gov.au/coronavirus>

WA: <https://www.wa.gov.au/government/covid-19-coronavirus>

Resources

To find posters & resources to engage your staff or to find out more about Challenge 30 please visit lungchallenge.com.au

Contact Us

If have any queries or need support at any time, please don't hesitate to reach out.

Email: supporters@lungfoundation.com.au

Phone: 1800 654 301

Thank You.

Your participation makes a real & lasting impact in the lives of Australians living with lung disease.

