

# Five Ways to Help

## Spread the News

1

Share about your challenge or fundraiser via social media and be sure to tag us (find our handles below)!

You may want to link to your fundraising page or our website ([kidsinspire.org.uk](https://kidsinspire.org.uk))



## Tell us about it!

2

We would love to talk about you and your fundraiser/challenge on our website and our social media channels.

Send a photo of yourself alongside a quote about why you chose to fundraise for us to [communications@kidsinspire.org.uk](mailto:communications@kidsinspire.org.uk)

## Write a Blog

3

You could write a blog post to let our supporters know more about your challenge and help encourage others to fundraise for us too!

You can send this to [communications@kidsinspire.org.uk](mailto:communications@kidsinspire.org.uk)

## Create a Short Video

4

Record a short (30 second to 2 minute) video of you talking about who you are, what challenge or fundraiser you are taking on and why you chose to fundraise for Kids Inspire and send it to [communications@kidsinspire.org.uk](mailto:communications@kidsinspire.org.uk)

We will share this on our social media sites to tell people about the amazing thing you are doing!

## Refer a Friend

5

Do you know someone who is thinking of taking on a challenge or hosting a fundraiser in the future? We'd welcome you encouraging them to do it for Kids Inspire!

Ask them to email [fundraising@kidsinspire.org.uk](mailto:fundraising@kidsinspire.org.uk) so we can offer support and resources.