



**Royal Far West**  
Children's health, country-wide

## Ride for Country Kids 2019

### Fundraising Kit



At Royal Far West we believe geography should not be a barrier to services or a cause for disadvantage, yet children living in rural and remote areas of Australia are up to 5 times as likely to those living in urban areas to have challenges with their developmental health. Challenges, that if left untreated, can lead to life-long issues. Access to the right supports at the right time can reset the trajectory for children living in rural and remote areas - this is where Royal Far West comes in. We work in partnership with families, schools, healthcare providers, local government and community groups to create services and solutions that respond to the complexities of country life.

Royal Far West's Ride for Country Kids is now in its sixth year and raises much needed funds to help provide children living in rural and remotes areas of Australia access to the healthcare they need and deserve.

- \$55 assesses a child for speech pathology
- \$200 pays for 2 sessions of occupational therapy intervention for a kindergarten child
- \$1,100 pays for 8 sessions of early intervention for 3-6 year olds at risk of developing anxiety problems

The 2019 Ride for Country Kids has a fundraising target of \$700,000 - though we'd love to raise more! But we don't expect our riders to do it alone, we're here to help.

We have developed this fundraising kit to give you some inspiration and to support you in achieving your individual fundraising goal. The team is always here to help, so if you would like to talk through some of your fundraising ideas contact:

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**1800 961 001**  
**Desireec@royalfarwest.org.au**

### How to hit your fundraising target

Now that you have registered for Ride for Country Kids, it's time to get fundraising. Here are some helpful hints to get you started.

#### ✓ Personalise your fundraising page

Add pictures and write something about why Royal Far West and Ride for Country Kids are important to you.

#### ✓ Email

Email everyone you can think of to let them know that you are participating in Ride for Country Kids 2019. Don't forget to include the link to your online fundraising page! Send reminders, talk to people and perhaps even draft an email for friends and family to send on your behalf.

#### ✓ Facebook it

Update friends and family on your training and fundraising progress and include a link to your page.

#### ✓ Ask your workplace for support

Hold a morning tea or lunch time bbq and email your colleagues the link to your online fundraising page. Promote your event in your company newsletter or ask your employer to dollar-match what you raise.

This list has been designed to offer inspiration; feel free to contact the RFCK team to talk through any other ideas you might have. Some of the ideas on this list allow your family, friends and broader community the opportunity to “join your peloton” and support your fundraising efforts.

To make sure your fundraising counts towards your RFCK fundraising tally, don't forget to put fundraising income through your online fundraising page!

**After work drinks** – end of the week celebration subsidised by the boss. Charge an entry fee or a small amount for each drink.

**Afternoon/morning tea** – get your colleagues to bring a plate and charge an entry fee.

**Auction** – get goods and experiences donated and hold an auction.

**Buzz word bingo** – at your next meeting, challenge your colleagues to a game of buzz word bingo! Or choose a “word of the day” and fine colleagues every time they use that word (extra fines for using the “word of the day” out of context!).

**Carwash** – a wet and sudsy day with mates held in a school playground, supermarket carpark, or sports oval car park. A good way to have some fun with your kids and involve them in your Ride for Country Kids experience.

**Casual dress day** – hold a “gold coin” mufti day at your workplace or your kids' school.

**Caption competition** – get a photo of your workmates doing something unusual and charge participants to submit a caption (just remember to keep it clean!).

**Chocolate drive** – purchase fundraising chocolate to sell at work or through your kids' school.

**Cinema screening** – hold a preview screening in your local cinema. Increase ticket prices by an extra few dollars.

**Cold turkey** – be sponsored to give up something eg talking, driving, TV, Facebook.

**Cocktail night** – who can resist a cocktail?

**Donate** – an hour's pay or an hour's takings from your business, once a week, every week until the ride.

**Dances** – go back to the 70s or 80s, 90s or naughties with a themed party.

**Dinner party** – hold a dinner party and fundraise through a raffle or selling glasses of wine or champagne.

**Demote the Boss** – you'll be surprised how much people will fork out to see their boss work behind the reception desk for a morning!

**eBay** – clean out the shed, the wardrobe and the pool room and sell unwanted clothing, accessories, DVDs, bikes, toys, camping gear, surf boards, etc online and donate the proceeds.

**Fancy dress days** – organise a fancy dress day at work eg movie or book character, super hero.

**Guessing competition** – guess the number of jellybeans in a jar, to the weight of an object, to the height of a colleague – pretty much anything!

**Hair colour or shave** – take the challenge and colour your hair for the day. Or take the ultimate challenge and shave your head!

**Hire services** – hire out what you do best – mow lawns, handyman, massage, accounts. Get your kids involved as well!

**Inter-departmental sports matches** – organise teams or departments to play against each other in a knock-out competition. Anyone for netball, soccer, table tennis etc?

**Knockout darts or pool tournament** – do you know some ex-Brits? They'll love this.

**Karaoke night** – why not hold a karaoke night for your friends or for work's next social function?

**Late for meetings penalty** – charge a \$5 penalty for anyone who arrives two or more minutes late.

**Lawn bowls** – test your skills in the art of lawn bowls, it's good fun and you can even do it barefoot!

**Lunch money** – ask your colleagues to bring in their own lunch and donate what is normally spent on lunch (or coffee!)

**Lamingtons & pies** – fundraising just wouldn't be fundraising without a lamington drive!

**Mobile phone penalty** – start a penalty system for anyone whose phone rings during a meeting or presentation.

**Network** – use Facebook, newsletters, work intranet. Talk passionately about your fundraiser whenever the chance arises.

**One day/week/month break** – get sponsored to go without speaking or a vice for a day – maybe it's sugar or chocolate.

**Parachute jump** – some people would never in a million years jump out of a plane. Well, they might if it's for Royal Far West kids!

**Peloton challenge** – for every peloton rule broken on your training rides, fine the offender!

**Poker tournament** – do you have any card sharps at work? Perhaps they can help organise a poker night to raise funds.

**Quiz day/night** – everyone loves a bit of trivia. Increase competition by selling answers to raise extra funds.

**Raffle** – organise prizes to raffle off at work and the local pub. Ask local businesses to support you by donating prizes.

**Sausage sizzle** – ask if your local school, shopping centre or hardware store would let you sell some snags for Royal Far West

**Sleep out in a swag** – get into the spirit of Ride for Country Kids and hold a special outdoor sleepover. A great way to involve the kids!

**Spelling bee** – grab a dictionary and hold challenges in your office or through your kids' school.

**Spin challenge** – set up a spin bike in your workplace, shopping centre or similar location and ask people to donate for every km you cycle. This is good preparation for the main Ride for Country Kids event!

**Sporting events** – leverage off the major sports – like the 2019 Winter Olympics, NRL, AFL & WAFL, World Rugby 7s and Super Rugby.

**Swear jars** – an easy way to earn extra fundraising dollars with minimum effort!

**Teach your mate a skill** – share your knowledge of baking, carpentry, sewing, car mechanics. Ask them to pay for their lessons and donate to support your Ride for Country Kids efforts.

**Treasure hunt** – cryptic clues lead people from one location to another.

**Wine tasting evening** – charge participants an entry fee that covers cheese, wine and a donation.

**World meal** – gather friends for an international meal – Indian, Mexican, Thai or Italian and charge perhaps an entry fee.

**Yoga marathon** – gather a group to participate in a sponsored yoga marathon.

**'Yes' day** – convince colleagues to have people sponsor them in their quest to say yes to everyone's work demands on a particular day.

**Zany events** – eat jelly with chopsticks, drink milk through a Tim Tam, greatest number of marshmallows in a mouth etc. Get people to sponsor you in your challenge!