



# Your Team Captain One Walk Kit



Thank you for stepping up and taking on the important role of being a One Walk Team Captain! There's strength in numbers - and by building a team, you are creating an even stronger impact for your special some1 with type 1 diabetes (T1D) and the entire T1D community.

Fundraising as a team not only amplifies your reach and raises more funds collectively, but also fosters a sense of community and shared purpose. Together, your team can make a bigger difference and drive more support for critical research and programs.

Here is your guide on building and inspiring your team to make a difference for the T1D community!



# Firstly, let's build your team!

- 1 Decide on who you will invite to join you. Here are some ideas:
  - Family members
  - Friends
  - Sports team members
  - Work colleagues
  - People in your gym
  - Neighbours
  - Your social media connections
  - Members of online groups or forums you participate in
  - Parents of your children's friends
  - People involved in hobby groups you are part of



- 2 Ask them to join you in making a difference. Here are some tips and resources:

## Post a call out on social media



Download here



Or scan here

**Caption:** "Hey friends! I'd really love if you could join me in supporting a cause close to my heart. WHY? This year I've joined JDRF's One Walk to support type 1 diabetes (T1D) research. I am planning on fundraising by [insert how you plan to fundraise here]. I would love your support in building this fundraiser together and making a meaningful difference - so together we can help create a better future for all those impacted by T1D. If you are interested, please drop me a message and I will send an invite to join my team!"

## Send an email to your friends, family, and colleagues

### Here is a suggested email you can use:

Hey [insert name],

I was wondering if you'd like to join me and support a cause close to my heart.

I've decided to create a fundraiser to support type 1 diabetes (T1D) research as part of JDRF's One Walk. For some background, T1D is a life-long condition that currently impacts over 130,000 Aussies, including [me/ my child/ my friend/ my relative]. It is a condition which needs to be managed 24/7 with no pause button.

Research is the key to helping find better treatments and technology to manage this condition, and one day find cures.

JDRF is the world's leading supporter of T1D research, dedicated to supporting cutting-edge research aimed at finding cures and improving the lives of those living with T1D. I've decided to take part in JDRF's flagship fundraiser, One Walk, which is the world's largest walk for a world without T1D. It aims to increase awareness of this condition and raise funds for breakthrough research. It's a great chance to make a meaningful difference for all those impacted by T1D.

I am planning on fundraising by [insert how you plan to fundraise here]. I'd love your support in building this fundraiser together and making a meaningful difference - so together we can help create a better future for all those impacted by T1D.

If you or others are interested in joining, please use this link to register [insert link]. During the registration process, on the "Join a team" step, search for my team name, [insert your team name here], to join. Once you do, you'll be all set!

Thanks,  
{your name}



## Educate your network about T1D

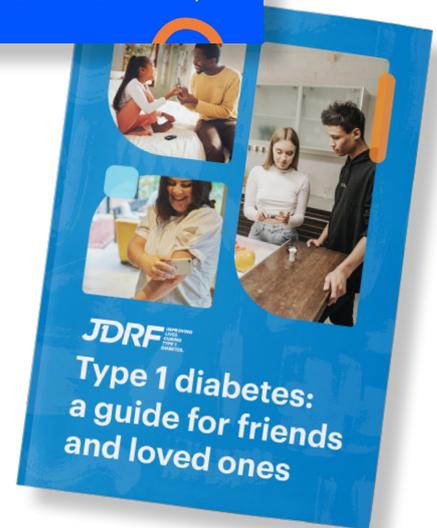
An important way to inspire people to join your cause is to empower them with an understanding about what T1D is, how it impacts people's daily lives, and how they can make a difference.

Here are some resources you can send their way!

- [Type 1 diabetes - a guide for friends and loved ones](#)
- [4Ts social tile](#)
- [5 Myths about T1D](#)
- [JDRF 2 pager](#)

## Need a refresher on how to invite people to join your team? It's simple:

- 1 **Login** to your fundraising page here. (Click the login button on the top right corner)
- 2 Go to your dashboard
- 3 Click on the invite button on your dashboard
- 4 Send the invite link through email, SMS or your preferred channel!



Alternatively, people can join your team themselves by **registering [here](#)** and selecting your team name in the "Join a team" section during the registration process.

# Now that you've built your team, let's inspire them to make a difference!

## 1 Enhance your fundraising pages

Make sure you and your team's pages look their best! Add a photo and share a personal story about why you support the T1D community to inspire donations.

## 2 Ask for support

There are so many ways you can reach out to your network and ask them to support your fundraiser. Here are some ideas:

### Post on social media

Share your fundraising pages on your social media platforms. You will find some social tiles and captions that you and your team can use below. Alternatively, post a photo with your team, or the special person with T1D in your life that you are fundraising for. You can download our pledge sign and show everyone who you and your team are fundraising for!



[Download here](#)



Or scan here



[Download here](#)



Or scan here

## Post on social media

### Caption for your social media post:

Hey everyone! My team [tag your team members here] and I are thrilled to share that we have signed up for JDRF's One Walk fundraiser to support a cause that means so much to us – research for type 1 diabetes (T1D). T1D currently affects over 130,000 Aussies and requires 24/7 management. We are fundraising by [insert how your team is planning to fundraise here. If you're hosting an event, include details here: date, time, and venue].

We would really love your support in making this fundraiser a success and helping us reach our goal of \$[insert your fundraising goal here]. We're passionate about seeing a future where people with T1D have better treatment options and, most importantly, where cures are found. So, let's work together in supporting research that turns type one into type none.

You can make a donation here: [insert link to your fundraising page].

## Reach out via email

### Here is a suggested email you can use when reaching out to friends, family, or colleagues when asking them for support.



Hey friends!

My team and I are excited to share that we are fundraising for a cause close to our hearts – type 1 diabetes (T1D) research. T1D currently impacts over 130,000+ Aussies and is a life-long condition which needs to be managed 24/7. The condition causes the body to stop producing insulin, which is what regulates the blood sugar in our bodies. This means people living with T1D need to monitor their blood sugar levels 24/7 and manually give themselves insulin throughout the day either through injections or using an insulin pump.

We want to see a world where people living with T1D have better treatment options and, most of all, we want to find cures. Research is key to making this a reality and creating a better future for all those impacted by T1D.

We are fundraising for T1D research as part of JDRF's One Walk by [insert how you are planning on fundraising here e.g. hosting a bake sale, organising a trivia night, etc.] - and we would love you to get involved by helping us hit our goal of \$[insert your fundraising goal here].

[If you are hosting an event or stall - make sure to include details like date, time, and venue here]

Together let's turn type one into type none!. If you would like to show your support, donate here: [link to your fundraising page].

[Sign off, your name]



## Create your own QR code poster

Hang posters around your local community, school, or work building asking people to support your team.

We have one [here](#) that you can customise with a QR code to your fundraising page.

If you and your team need more help with building your fundraiser, remember you can always access our resource pages:

- [Host an event](#)
- [Host a bake sale](#)
- [Organise a raffle](#)
- [Fundraise online](#)



### 3 Keep your team inspired and engaged

An important part of being Team Captain is keeping your team members engaged and taking action until your fundraising goal is reached! Here are some tips on how to do this:

- Create a group chat with your team to help regularly check in and track progress
- Design a t-shirt for your One Walk event together
- Celebrate and acknowledge milestones and achievements within the team e.g. when your team has reached half your fundraising goal, or if a member of your team receives a large donation
- Create friendly competitions within your team, such as who can raise the most funds or recruit the most team members.

**Thank you for taking charge and supporting the T1D community!**