



## Email to send to friends and family asking for support

Below is a suggested email to send to your network letting them know you have joined One Walk and asking them to donate. Feel free to tweak to make it suit you.

Hi there!

I'm reaching out as I would really love your support for a cause close to my heart.

I've recently signed up to JDRF's One Walk fundraiser, which is all about supporting those living with type 1 diabetes (T1D) and helping to fund breakthrough research.

In case you aren't familiar with T1D, it is a life-long autoimmune condition which currently affects over 130,000 Australians. When a person has T1D, their body stops producing insulin, which is what regulates the blood sugar levels in our bodies. Someone with T1D needs to manually give themselves insulin through multiple daily injections or using an insulin pump to keep their blood sugar at stable levels.

JDRF is the world's leading funder of T1D research - which is why I've joined their One Walk fundraiser to help fund research aimed at finding cures and improving lives of those impacted by the condition.

Every dollar counts! I would really appreciate if you make a donation to my page here [insert link to your fundraising page].

Thank you for your support and together, let's help create a world with T1D.

[sign off here]

