



DID YOU KNOW?....

- **1 in 6 women will experience depression in their lifetime and**
- **1 in 10 males will experience depression in their lifetime?**

As a Black Dog Rider and fundraiser you are contributing to helping improve the lives of people impacted by a mood disorder.

The funds you raise will go towards community education programs to help raise awareness of depression and to drive early intervention initiatives in rural communities, workplaces and schools.

FUNDRAISING TIPS 2#:

1. Matched Giving Schemes: Approach the boss and ask if they run a 'matched giving scheme' whereby they match their employees' charitable contributions.

2. Email updates on your progress: Let supporters know how much you have raised so far and what a donation will buy for a charity.

3. Ask to be on your company's website: See if your company would be prepared to add your site to its public website or company intranet. Many companies like to promote the charitable and public-spirited efforts of their staff.

4. BE CREATIVE:

- ❖ Why not try a Non-uniform or dress down day for a gold coin donation?
- ❖ Host a Coffee and Cake Morning for a donation
- ❖ or how about leaving a collecting tin at reception?
- ❖ Hold a work sporting challenge on a Friday such as a mini golf tournament.
- ❖ Put poster ups around your community

Thanks again for your support and please email blackdog@blackdog.org.au if you need any assistance with anything!

**Black Dog Ride
to the Red Centre**

