



Sample email ask friends and family to donate

This sample letter has been prepared as a guide to help you write to friends and family and ask them to donate.

Email subject line: I'm taking the FebFast challenge in 2010!

Hi everyone,

I've decided to kick start the year in a healthy way by participating in FebFast 2010.

I'm giving up the grog for the month of February – well it is the *shortest month of the year!*

FebFast is an Australian-created community health program that encourages people to give up alcohol during February, and at the same time raise funds to support the reduction of alcohol and other drug related harms in young Australians.

I've decided it give it a go, and I'm looking for your support.

Maybe you'd like to join up and keep me company. I double dare you!

Check out my fundraising page at *(insert link to your fundraising page)* and leave a donation along with a message of support to keep me alcohol-free throughout February.

Visit the FebFast's website where you can register and build your own personal or team fundraising page at www.febfast.com.au

Four fast facts about FebFast

- FebFast, the original fundraiser of its kind in Australia, is in its third year
- Since its inception, FebFast has attracted more than 3,500 people to participate in taking a month off from alcohol consumption and raised more than \$700,000 for distribution to the Australian alcohol and other drugs service sector
- Proceeds raised through registration and fundraising go towards the Australian Drug Foundation, YSAS (the Youth Substance Abuse Service in Victoria), Mater Hospital's Adolescent Drug and Alcohol Withdrawal Service (Queensland), The Ted Noffs Foundation (NSW and ACT) and FebFast's grants program for smaller grass-roots organisations
- Donations over \$2 made in Australia are tax deductible.

More information about FebFast can be found at www.febfast.com.au

(insert your sign off message here)
