



The
University
Of
Sheffield.

Parkinson's Disease research

Just Giving page set-up instructions

Step One


Click on this [Just Giving](#) link

This should take you to a page specifically for The Big 30, which looks like this:




You're raising money for
The Big 30 for Parkinson's Disease Research
run by **University of Sheffield**

You can then choose the type of challenge that represents your challenge the best, we think the following three options will cover your challenge:




Fitness at home
Set yourself a physical challenge and track your progress with Strava.

Start



Doing your own thing
Shave your head, give up chocolate, do something unique...

Start



Virtual gathering
Use live streaming or video calls to host an online quiz or social events.

Start

You will then be asked to fill in details about your event and choose a URL for your page

Are you planning to ask for donations to your JustGiving page in return for goods, services or other benefits?

TICK - NO

Is your charity contributing to the cost of your fundraising?

TICK - NO

I'm happy for University of Sheffield to keep me informed, by email, about the impact of my fundraising and other ways to stay involved including future events, campaigns and appeals.

We encourage you to tick "Yes", as this means we can contact you about how your fundraising efforts are making a difference to Parkinson's Disease research.



Step Two

Now to personalise your page! Try to **add as much detail** as possible about your challenge, including **any pictures as well** – you can add a selection of pictures to a gallery on your page. Feel free to use the text below as guidance for what to write.

NB - If you experience problems with formatting in Just Giving, our advice is to copy and paste your story into a notepad before you copy and paste the text into Just Giving.

Thank you for visiting my Just Giving page in support of Parkinson's Disease research at The University of Sheffield.

- > Are you doing 30 each day or over the course of June?
- > Are you doing the same 30? (E.g. 30 press-ups) Or a different 30? (E.g. 30 seconds in a different yoga position everyday)
- > Is your challenge something you normally do, or is it brand new to you?
- > Do you have a connection to Parkinson's Disease? Let your supporters know.
- > What is your main motivation for getting involved? Tell your supporters all about it!



The University of Sheffield needs your help to carry on their important research into Parkinson's. Every day, our researchers are working to find a cure for this devastating disease.

Two more people are diagnosed every hour, that's 18,000 people every year. Causing a huge loss of physical movement and uncontrollable tremors, the disease will affect 145,000 people in the UK alone in 2020. New treatments are needed to stop Parkinson's in its tracks.

With clinicians and scientists working together at Sheffield, our unique bench-to-bedside approach is a beacon of medical research best practice.

Your donations will support this important work, helping our researchers to lead the way in developing new treatments for Parkinson's Disease.

Don't forget to set yourself a **fundraising target** for your challenge!

Here are some examples of how your fundraising makes a difference to help set your target:

- £30 will pay for two hours of research by our early career scientists
- £60 will help to cover the cost of a clinical trial for a day
- £130 could help fund training for the next generation of researchers
- £300 will help fund essential lab tools to speed up research



Step Three

Keep your supporters up to date with your challenge! This will make them feel like part of your challenge and is a great way for you to track your progress. It's a win-win 😊

- If applicable, **link your Strava account** to your page, where you can post your activity from Strava directly onto your page.
- Write updates and include photos to provide a newsfeed on your page, to let your friends and family know how you are getting on.


STRAVA connect

Get your Strava activities automatically posted to your page

Don't worry, you'll always have full control over what's posted.

Connect with **STRAVA**


Updates



Community Fundraising Team University of Sheffield


May 13, 2020, 03:19 PM

Example of an update on your Just Giving page.




Sharing is powerful


Let your friends know what you've been up to this time



Facebook



Twitter



Email

After posting an update, click here to bring up the sharing window (shown on the left)

Don't forget to use **#Big30Shef** when sharing your updates on social media!



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Lastly, best of luck with your challenges and your fundraising!

Thank you for getting involved in The Big 30
to support such an important cause.

