



Just Giving page set-up instructions – Couch to 5K



Step One

Click on this [Just Giving](#) link

This will take you to the Parkinson's Disease research fundraising page, which looks like this:



Then select the **"Fitness at home"** option on the next screen

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 opt in at this point, 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! **Add as much detail** as possible about your challenge, including **any pictures** - you can add plenty of images to create a gallery on your Just Giving page. Feel free to use the text below as guidance for what to write, including information about your challenge and the impact of donations on Parkinson's Disease research at the University.

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.

- > How far are you planning on running? Is this the furthest you've ever run?
- > How long is your running plan? E.g. Couch to 5K's classic 9 week plan
- > Are you running solo or are your friends/family joining in?
- > 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!



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

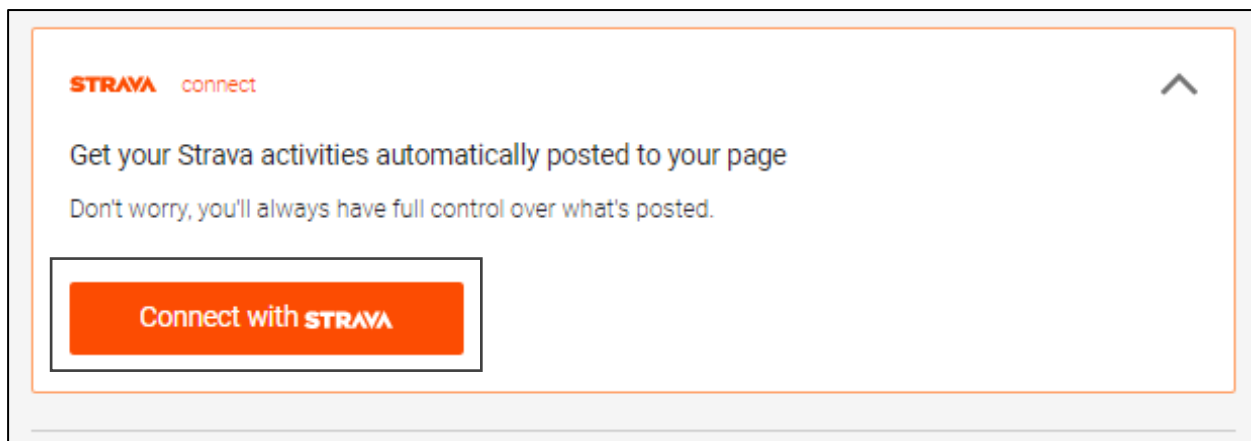
Here are some examples of how your fundraising makes a difference to help set your target:

- £30 could pay for two hours of research by our early career scientists
- £50 could help to cover the cost of a clinical trial for a day
- £100 could fund detailed cell analysis, enabling personalised treatments
- £200 contributes to funding 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 you have Strava, **link your account** to your page, and your activity from Strava can copy directly onto your page.

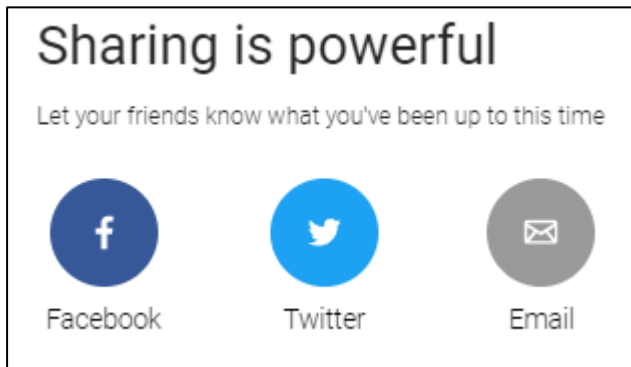




The University Of Sheffield.

Parkinson's Disease research

Write updates and include **photos** to provide a newsfeed on your page, to let your friends and family know how you are getting on.



After posting an update, click here to bring up the sharing window (shown on the left)
Use **#TUOSRun** when sharing updates on social media!

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

If you have any questions please contact the team at communityfundraising@sheffield.ac.uk

Thank you for taking on Couch to 5K to support such an important cause.

