



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 because I'd love your support for a cause that's really close to my heart ❤️

I've recently signed up for **Breakthrough T1D's One Walk** – the world's largest type 1 diabetes (T1D) fundraising event for families – to help fund life-changing research and support those living with T1D.

T1D is a lifelong autoimmune condition that affects more than **140,000 Australians**. It occurs when the body's immune system attacks the insulin-producing cells in the pancreas, meaning the body can no longer make insulin – the hormone that regulates blood glucose levels.

This means people living with T1D must constantly monitor their blood glucose and manually give themselves insulin through injections or an insulin pump, every single day. There's no pause button – yet.

Breakthrough T1D (formerly JDRF) is the leading global organisation driving T1D research, advocacy, and community support. This year, One Walk aims to raise **\$1.1 million** to accelerate research that improves lives today and leads us closer to cures tomorrow.

Every donation makes a difference — and I'd be so grateful for your support. You can donate to my fundraising page here: [insert fundraising link]

Together, let's help **turn type one into type none.** ❤️

Thank you so much,
[Your name]

