



# Your Team Captain One Walk Kit



Thank you for stepping up and taking on the important role of being a One Walk Team Captain! There's strength in numbers - and by building a team, you are creating an even stronger impact for your special someone with type 1 diabetes (T1D) and the entire T1D community.

Fundraising as a team not only amplifies your reach and raises more funds collectively, but also fosters a sense of community and shared purpose. Together, your team can make a bigger difference and drive more support for critical research and programs.

Here is your guide on building and inspiring your team to make a difference for the T1D community!

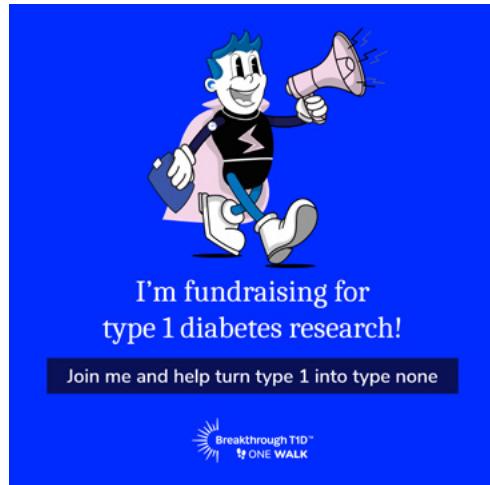


# Firstly, let's build your team!

- 1 Decide on who you will invite to join you. Here are some ideas:
  - Family members
  - Friends
  - Sports team members
  - Work colleagues
  - People in your gym
  - Neighbours
  - Your social media connections
  - Members of online groups or forums you participate in
  - Parents of your children's friends
  - People involved in hobby groups you are part of

- 2 Ask them to join you in making a difference. Here are some tips and resources:

## Post a call out on social media



[Download here](#)



Or scan  
here



**Caption:** "Hey friends! I'd really love if you could join me in supporting a cause close to my heart. WHY? This year I've joined Breakthrough T1D's One Walk to support type 1 diabetes (T1D) research. I am planning on fundraising by [insert how you plan to fundraise here]. I would love your support in building this fundraiser together and making a meaningful difference - so together we can help create a better future for all those impacted by T1D. If you are interested, please drop me a message and I will send an invite to join my team!"

## Send an email to your friends, family, and colleagues

Here is a suggested email you can use:

Hey [Name],

I wanted to reach out and invite you to join me in supporting a cause that's really close to my heart.

I've created a fundraiser as part of **Breakthrough T1D's One Walk** – the world's largest event raising funds for type 1 diabetes (T1D) research.

T1D is a lifelong condition that affects more than 140,000 Australians, including [me / my child / my friend / my relative]. It's something that has to be managed 24/7, with no break or pause button.

Breakthrough T1D is the leading organisation driving research, advocacy, and community support for people living with T1D. This year, they're aiming to raise **\$1.1 million** to help create a world without type 1 diabetes – and every dollar raised brings us closer.

I'll be fundraising by [insert your fundraising idea here], and I'd love your support! Whether you'd like to help me reach my goal, or even join my team and fundraise alongside me, it would mean so much.

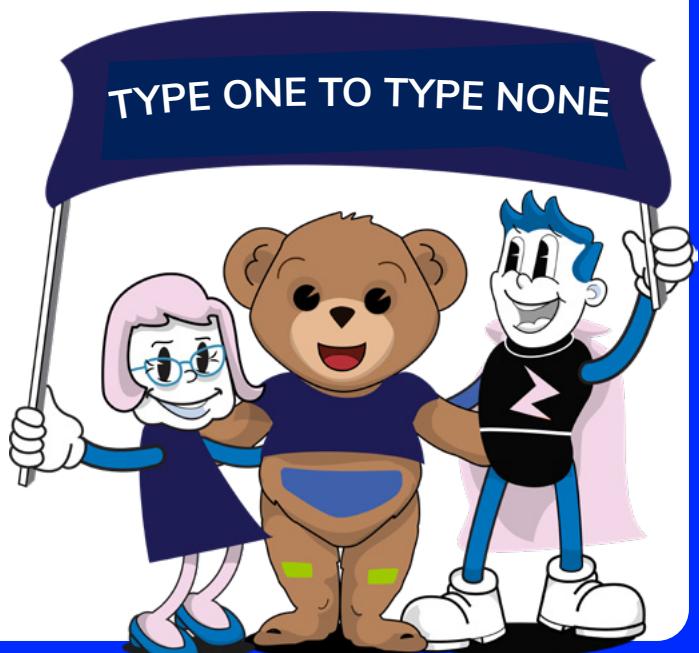
You can register for **One Walk [location]** here:

[walk.breakthrough1d.org.au](http://walk.breakthrough1d.org.au)

When registering, just search for my team name - [insert team name here] - to join.

Thanks so much for your support ❤

[Your name]



## Educate your network about T1D

An important way to inspire people to join your cause is to empower them with an understanding about what T1D is, how it impacts people's daily lives, and how they can make a difference.

Here are some resources you can send their way!

- [Type 1 diabetes - a guide for friends and loved ones](#)
- [4Ts social tile](#)
- [Breakthrough T1D 2 pager](#)



Need a refresher on how to invite people to join your team?  
It's simple:

- 1 [Login](#) to your fundraising page here. (Click the login button on the top right corner)
- 2 Go to your dashboard
- 3 Click on the invite button on your dashboard
- 4 Send the invite link through email, SMS or your preferred channel!

Alternatively, people can join your team themselves by registering [here](#) and selecting your team name in the "Join a team" section during the registration process.



# Now that you've built your team, let's inspire them to make a difference!

## 1 Enhance your fundraising pages

Make sure you and your team's pages look their best! Add a photo and share a personal story about why you support the T1D community to inspire donations.

## 2 Ask for support

There are so many ways you can reach out to your network and ask them to support your fundraiser. Here are some ideas:

### Post on social media

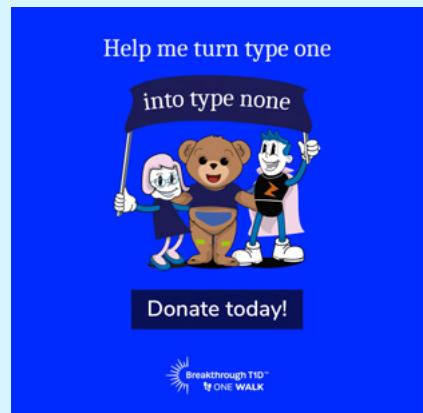
Share your fundraising pages on your social media platforms. You will find some social tiles and captions that you and your team can use below. Alternatively, post a photo with your team, or the special person with T1D in your life that you are fundraising for. You can download our pledge sign and show everyone who you and your team are fundraising for!



[Download here](#)



Or scan  
here



[Download here](#)



Or scan  
here

## Post on social media

### Caption for your social media post:

Hey everyone! My team [tag your team members here] and I are thrilled to share that we have signed up for Breakthrough T1D's One Walk fundraiser to support a cause that means so much to us – research for type 1 diabetes (T1D). T1D currently affects over 140,000 Aussies and requires 24/7 management.

We are fundraising by [insert how your team is planning to fundraise here. If you're hosting an event, include details here: date, time, and venue].

We would really love your support in making this fundraiser a success and helping us reach our goal of \$[insert your fundraising goal here].

We're passionate about seeing a future where people with T1D have better treatment options and, most importantly, where cures are found. So, let's work together in supporting research that turns type one into type none.

You can make a donation here: [insert link to your fundraising page].

## Reach out via email

Here is a suggested email you can use when reaching out to friends, family, or colleagues when asking them for support.

Hey friends!

My team and I are excited to share that we're fundraising for a cause close to our hearts – type 1 diabetes (T1D) research ❤️ T1D is a lifelong autoimmune condition that currently impacts more than 140,000 Australians. It occurs when the body's immune system attacks the insulin-producing cells in the pancreas, meaning people with T1D can no longer produce insulin, the hormone that regulates blood glucose levels.

Managing T1D requires constant attention, every single day. People living with T1D need to regularly check their blood glucose levels and give themselves insulin through multiple daily injections or via an insulin pump. There's no pause button – yet.

That's why we're fundraising as part of Breakthrough T1D's One Walk, the world's largest T1D fundraising event for families. This year, One Walk aims to raise **\$1.1 million** to accelerate life-changing research, improve treatments, and ultimately create a world without type 1 diabetes.

We'll be raising funds by [insert how you're fundraising here – e.g. hosting a bake sale, organising a trivia night, etc.], and we'd love your support to help us reach our goal of \$[insert goal here].

[If you're hosting an event or stall, add your details here: date, time, and venue.] Every dollar makes a difference – helping fund cutting-edge research, advocate for better access to treatments, and support families at every stage of life with T1D.

Together, let's **turn type one into type none!** ❤️ If you'd like to show your support, you can donate here: [insert fundraising link]





## Create your own QR code poster

Hang posters around your local community, school, or work building asking people to support your team.

We have one [here](#) that you can customise with a QR code to your fundraising page.



If you and your team need more help with building your fundraiser, remember you can always [access our resource pages](#).

### 3 Keep your team inspired and engaged

An important part of being Team Captain is keeping your team members engaged and taking action until your fundraising goal is reached! Here are some tips on how to do this:

- Create a group chat with your team to help regularly check in and track progress
- Design a t-shirt for your One Walk event together
- Celebrate and acknowledge milestones and achievements within the team e.g. when your team has reached half your fundraising goal, or if a member of your team receives a large donation
- Create friendly competitions within your team, such as who can raise the most funds or recruit the most team members.

**Thank you for taking charge and supporting the T1D community!**