



Email to ask others to support your team

Below is a suggested email you can send to friends, family, and colleagues when asking them to support your team! Feel free to tweak it to make it suit you

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]*

