



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

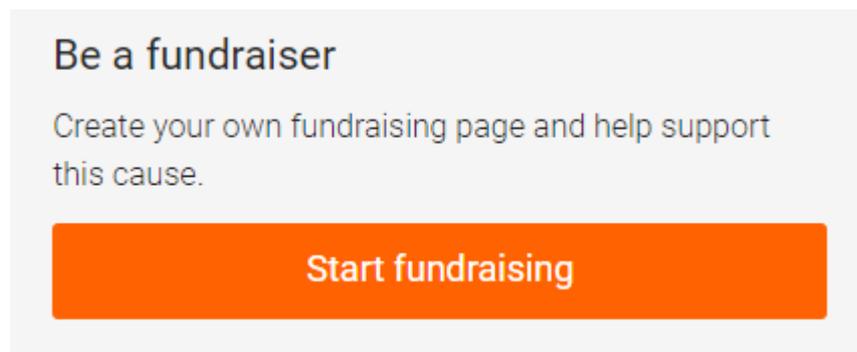


### Step One

- Click on this [Just Giving](#) link
- This will take you to the Genetic Disease Research fundraising hub page, which looks like this:



- Click the orange 'Start Fundraising' button:



- 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

*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 Genetic Disease Research.*

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 Genetic Disease Research at the University.



The  
University  
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# Genetic Disease Research

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.

## Example text:

Thank you for visiting my Just Giving page in support of Genetic 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 Genetic Disease? Let your supporters know.
- > What is your main motivation for getting involved? Tell your supporters all about it!

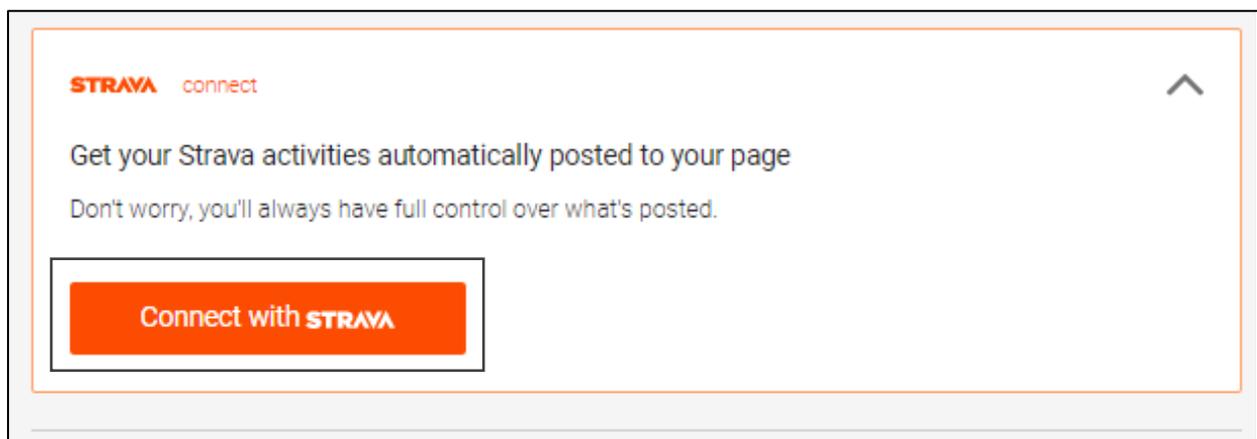


Don't forget to set yourself a **fundraising target** for your challenge!

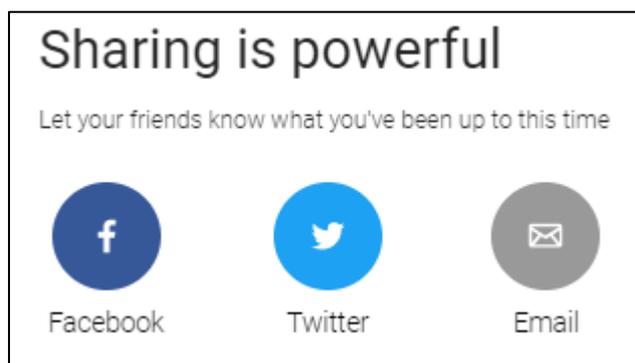
## Next Steps

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.

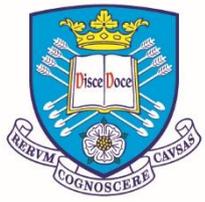


**Write updates** and include **photos** to provide a newsfeed on your page, to let your friends and family know how you are getting on.



After posting an update, click here to bring up the sharing window (see on next page)

Use **#TUOSRUN** when sharing updates on social media!



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

If you have any questions please contact the team at [giving@sheffield.ac.uk](mailto:giving@sheffield.ac.uk)

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

