



# Trek for Timor 2023

*Walk to save a life*

**1.00pm, Sunday 5 November**

**STARTING AT:**

**Mount Pleasant Uniting Church  
1 Coomera Rd, Mount Pleasant**



Uniting Church in Australia  
**Social Justice WA**

**WALKING:**

**Mount Henry and Canning Bridges River Walk**



# Where Will We Be Walking?

Starting at **Mount Pleasant Uniting Church**, take the following route:

left Reynolds Rd  
rht Cowrie Cresc  
left River View Tce  
rht Gunbower Rd  
rht along The Esplanade, following the path across the Mt Henry Bridge  
left on the path along the river bank  
left across the Canning Bridge  
left along the river bank past Deep Water Point Reserve  
rht Gunbower Rd  
left River View Tce  
left Cowrie Cresc  
left Reynolds Rd  
rht Coomoora Rd to the church!



## Why are we Trekking?

Our walk reminds us of the long distances people in remote communities in Timor Leste often have to walk to be able to access medical attention. Funds raised will support **Lafaek Diak's Mobile Health Clinic**, providing life-saving community based health services to these remote communities.

## Logistics - what do I need to know?

- The walk is family friendly and accessible - you can walk, scoot or wheel.
- Make sure you have plenty of water, and bring weather-appropriate attire; sunscreen for hot weather, umbrella for rain
- Bring friends! It's best to register in advance, but there will be a registration desk at Mount Pleasant Uniting Church if anyone wants to sign up on the day
- There will be a hearty afternoon tea at the church after the walk - please stay and enjoy!

More information: [trybooking.com/CKKVU](http://trybooking.com/CKKVU) or [justice@wa.uca.org.au](mailto:justice@wa.uca.org.au)

# How to set up your fundraising page

- Visit **www.mycause.com.au**
- Sign up to fundraise for a **“personal cause”** using your email address or Facebook account
- Enter your **target fundraising amount, campaign name** (e.g. Margaret’s Trek for Timor) and **campaign dates** (the time that you’ll be taking donations)
- **Create and personalize your page** - share your personal story to help others connect with your cause
  - Enter the beneficiary name: Lafaek Diak Mobile Health Clinic
  - Enter a few details about who you are and what you’re raising money for - and why it matters to you!
  - Select target categories - we suggest "health & medical" and "project"
  - Add a photo - of yourself, or of the project, and your contact details
- Enter the below bank details for the funds raised to be sent to (all money raised will be forwarded in bulk to the **Lafaek Diak Mobile Health Clinic**):

BSB	036-001
Account Name	Uniting Church Investment Fund
Account Number	921789
Reference	ETimor 709647

*email justice@wa.uca.org.au with donation details to confirm receipt of funds*
- **Share your fundraiser** - share to inspire donations from family, friends and colleagues

## You can also collect donations manually

We've put together a handy resource on the final pages of this pack:  
simply add your details and start fundraising!





# How to make your fundraising count

Five ways to maximise your impact

- **Back Yourself!** If you haven't already, **make a donation to yourself**. You'll make an immediate impact on people benefiting from the Mobile Health Clinic, and you'll be encouraging others to join you.
- **Make Your Fundraising Page Shine!** Add pictures and personalise your page - tell people why you want to raise money to **provide life-saving community based health services to remote communities**; it will encourage them to give even more!
- **Email, Call, Visit!** Contact your family, friends and colleagues and tell them **why you're participating** in the Trek for Timor and invite them to support you.
- **Get Social!** Share the link of your fundraising page on Facebook, Twitter or Instagram - you never know who will see it and **be inspired to support you!**
- **Connect To Your Community!** Ask your workplace, congregation, community group to display a flyer or your donations pledge sign up sheet - **encourage your community to get behind your Trek for Timor!**



