

# 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



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

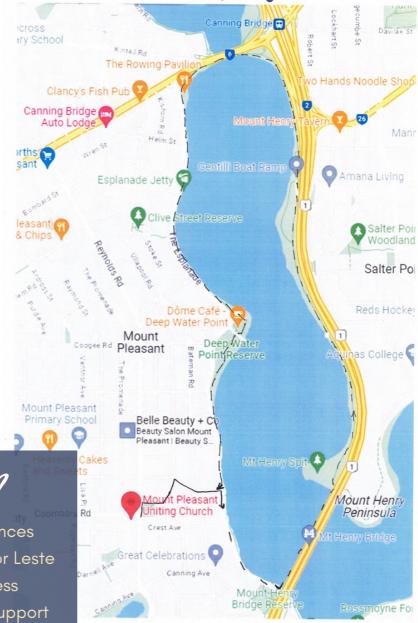
rht Gunbower Rd

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 wolk please stay and enjoy!

# 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 **Lafeak 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!

# Trek for Timor: Walk to Save a Life

Fundraiser Name:		
To pay by direct debit:		
BSB	· 036-001	
Account Name	Uniting Church Investment Fund	
Account Number	921789	
Reference	ETimor 709647	
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		DON

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