



Trek for Timor 2024

Walk to save a life

1.00pm, Sunday 19 May

**STARTING AT:
Mount Pleasant Uniting Church
1 Coomera Rd, Mount Pleasant**

**WALKING:
Mount Henry and Canning Bridges River Walk**



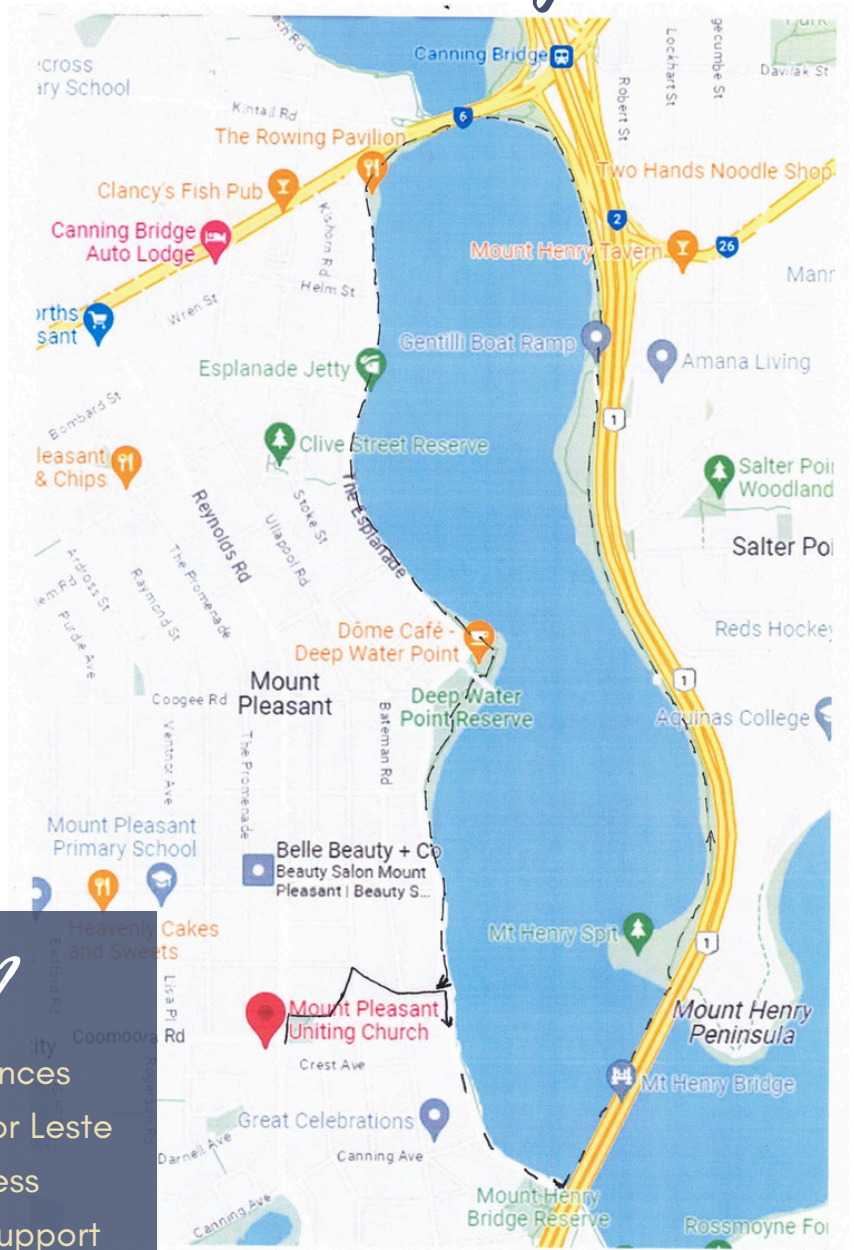
Uniting Church in Australia
Social Justice WA



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!

How to set up a fundraising page

Participants have the option to set up an online fundraising page such as 'mycause' or you can encourage people to donate via the Trybooking registration 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 :

Account Name	UIM East Timor Fundraiser
BSB	634-634
Account Number	100090704
Reference	Trek for Timor

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!**

