



Autism Spectrum Australia
**FUNDRAISING
GUIDE**



autism spectrum
AUSTRALIA

WELCOME

By reading this guide you've taken the first step to helping people with autism reach their full potential.

THANK YOU, YOU ARE ALREADY MAKING A DIFFERENCE.

By raising money you could:

**HELP A YOUNG PERSON WITH
AUTISM TO MAKE A FRIEND**

Attending The Aspect Social Club can help an adolescent overcome the feeling of isolation.

\$20

**PROVIDE ONE HOUR OF SPEECH
THERAPY TO HELP A CHILD
WITH AUTISM TO COMMUNICATE**

\$100

**PROVIDE ONGOING SUPPORT
TO A FAMILY COMING TO TERMS
WITH THEIR CHILD'S AUTISM**

\$840

REMEMBER WE'RE HERE TO HELP.

Call us **1800 AUTISM (288 476)**

or email **fundraising@autismspectrum.org.au**

HOW TO MAKE THE MOST OF YOUR FUNDRAISING

So you've set up your fundraising page, personalised it by adding a picture and written about your challenge. You've sent an email to your friends and family and some of them have sponsored you. Now what?

FORWARDING TO FRIENDS

- Who hasn't heard of Facebook or twitter?**
They are excellent for spreading the word to everyone in your network – you can get the message out to friends, friends of friends and friends of friends of friends. You get the idea. Hopefully they will all want to help.
- Add an email footer to the bottom of all your personal emails.**
- Draft an email for friends and family to forward to their contacts.**
- Remember to send a follow up email.**
Often people mean to donate but simply forget. An update on your training or fundraising progress can be just the reminder they need.

APPROACH LOCAL BUSINESSES AND CLUBS

- Are you a loyal customer?**
Ask your local coffee shop, newsagent etc to donate or put up posters/flyers to let people know what you are trying to achieve. Mention at your school or day care what you are hoping to achieve.

GET YOUR WORKPLACE INVOLVED

- Some companies will match the amount you raise or donated with a donation of their own. Ask your employer if they will match what you raise.**
- Does your work have a newsletter or intranet? Could you submit an article to tell people about your challenge?**

MEET OUR TRAINER

Matt is our Team Autism Spectrum Australia Running Guru.

A qualified and well respected Personal Trainer from Vision Personal Training Frenchs Forest, Matt is dedicated to helping not only athletes but the everyday person achieve their highest potential.

As an expert in running and triathlons and with clientele losing a combined 300kg, Matt believes the secret to achieving your potential is exercise combined with good nutrition. Matt is here to help you achieve your potential. He can answer all your questions regarding nutrition or exercise.

Email Matt on fitness@autismspectrum.org.au



MATT'S TOP 10 TIPS

- 1 Join a fitness group or find a 'fitness buddy' to keep you motivated and accountable.
- 2 Know your race. Research the route before race day.
- 3 Mix it up. Vary your training so your body becomes stronger. If you are running try swimming some laps or including some hills in your run.
- 4 Pack the night before and arrive nice and early.
- 5 If you are using supplements during the race always trial before the race (you may get an upset stomach).
- 6 Dynamic stretch before the race. Wake your muscles up with a few lunges, squats, rotate the arms and high knees but don't overdo it.
- 7 Remember 70% of your results will come from your nutrition leading into the race. A banana or natural sugar is always good to add to your pre-race meal.
- 8 Stay hydrated! Water is always number one then sports drinks.
- 9 Always have a 'what next' goal.
- 10 Finally, enjoy the race! You trained so hard so make sure you take some time to enjoy the sense of achievement.

WHAT IS AUTISM?

We talk about autism as a spectrum because the degree of impairment can vary from mild to severe.

NO TWO PEOPLE ARE AFFECTED IN EXACTLY THE SAME WAY.

Often people with autism have:

- Difficulties with talking to and understanding other people;
- Trouble with friendships, relationships and other social interactions;
- Unusual behaviours and poorly developed sensory integration;
- Focused and narrow range of interests and a desire for routine and sameness.

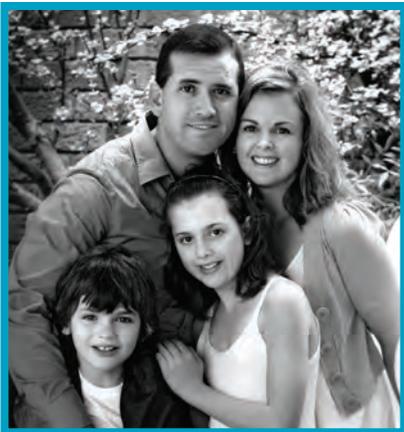
Approximately one in every 100 people is on the autism spectrum. It is four times more common in boys than girls. There is no cure but with the right help and support there is hope. Thanks to the generosity of people like you, Autism Spectrum Australia (Aspect) are able to provide opportunities for the children, young people and adults in our services to receive this support and reach their full potential.



MESSAGE

FROM A FUNDRAISER

Thank you for choosing to fundraise for Autism Spectrum Australia (Aspect) I know firsthand the difference Aspect makes in the lives of children with autism and some of the challenges you can face living with autism.



My beautiful boy Joshua has a moderate to severe form of autism. Without Aspect and their schools for children like Joshua my family would bear the full brunt of living with this condition.

I have taken on a number of challenges over the last few years to help raise money for Aspect's services, the most gruelling being the Australian Ironman Triathlon. My training and the race itself pushed me to the limit and I had to work hard to achieve my full potential. But that is insignificant compared to the difficulties that children with autism and their primary carers face every day. That was something I tried to remember whenever the going got tough.

I wish you luck and hope you find your fundraising journey as enjoyable and rewarding as I have. Thank you so much for raising crucial funds to help people with autism achieve their full potential.

Best Wishes,
Luke Witcher

WILL'S STORY

Will is 6 years old. He has Asperger's – a disorder at the high-functioning end of the autism spectrum.

BY THE TIME HE TURNED 2, BOTH WILL'S PARENTS WERE AWARE OF HIS OBSESSIVE BEHAVIOUR AND WITHDRAWN NATURE – HE WAS SOCIALLY ISOLATED AND HIS TANTRUMS WERE EXTREME, EVEN FOR A TODDLER.

"We'd be in a shopping centre and something would set Will off", says Will's mum Karena. "That's when people would stare and you could almost hear them whisper: 'What terrible parents they must be...'" Will's dad Mike had to come home from work every lunch time to help. Looking after Will put the whole family under a great deal of pressure.

Luckily life took a turn for the better. Karena's sister Tracy started a new job at a school in Albury where Autism Spectrum Australia (Aspect) runs a specialist unit for children like Will. Tracy told the couple that Aspect provided effective, evidence-based programs for children aged 4 to 16. "When we heard about the Unit we just knew that the best thing was to pack up and move" says Mike. "The change in Will is unbelievable! The Aspect staff have been amazing, working with Will in the areas where he needs support and helping us to understand and support him at home. We realise we still have a long road ahead but Will's a much happier little boy... thanks to Aspect."

Aspect has over 40 years' experience working with children like Will.

We know that our programs make a difference. But we can't work with the 1,100 children like Will that attend our special schools, satellite classes and school outreach services without your help.

Our thanks to Karena, Mike & Will for letting us share their story.



TO YOU OUR AMAZING FUNDRAISERS WE WANT TO SAY...



autism spectrum
AUSTRALIA

Vision Personal Training in French's Forest
www.visionpt.com.au

Bldge, Lvl 2, 14 Aquatic Drive
FRENCHS FOREST NSW 2086
1800 AUTISM (288 476)

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