

## Join our team of TSC Heroes!

Thank you for your interest in joining our team of TSC Heroes! We're thrilled you'd like to sign up to help raise funds to support people living with TSC (Tuberous Sclerosis Complex).

Every week in Australia a baby is born with TSC. TSC frequently causes tumours to grow on babies' brain, heart, and kidneys. TSC often causes difficult to control epilepsy, developmental delay, autism and a range of neuropsychiatric disorders. There is no cure for this devastating disease.

TSA (Tuberous Sclerosis Australia) relies on people like you to help anyone impacted by this devastating rare disease. Together, we can make sure individuals and families;

- have a trusted expert to turn to for support and advice;
- access accurate, balanced information about TSC to help manage their or a loved one's health and wellbeing;
- connect with other people also living with TSC who may be facing similar challenges and to expert health professionals;
- participate in research that is taking us step by step closer to a cure.

Advances in TSC research that mean that earlier and targeted treatments can reduce the most harmful impact of the disease. Your support will enable us to continue this important work which greatly benefits families all around Australia who are given the devastating diagnosis of TSC.

In this pack, you will find all the tools you need to fundraise and how we can help you achieve your goal.

If you have any questions please connect with TSA's Fundraising Manager directly:

Kate Garrard  
0434 391 430  
[kate.garrard@tsa.org.au](mailto:kate.garrard@tsa.org.au)

On behalf of the TSC Community we thank you for making a difference to the lives of people facing the daily challenges of life with TSC.

**Thank you and Happy Fundraising!**



## What to do first?

### Step 1: Sign up for an event

If you are participating in a specific event visit the website for the event and sign up to participate in your chosen physical challenge.

### Step 2: Create your fundraising page

Register with MyCause and choose to start fundraising with Tuberous Sclerosis Australia as your charity <https://www.mycause.com.au/charity/379/TuberousSclerosisAustraliaTSA>

### Step 3: Share your fundraising page

Share your fundraising page with your family and friends. Request they support your personal challenge by making a donation to TSA. See following page for more tips.

### Step 4: Find a sponsor

Do you know a generous business who might be willing to sponsor the TSC Heroes team?

Team sponsorship starts from \$2,000 and your sponsors can have their logo on your TSC Hero t-shirt and on our website.

We can help! We've provided you with a sample sponsorship letter in this pack and we can work with you to follow up on any business or corporate group who have shown an interest in sponsoring your team. Just call Kate on 0434 391 430 to tailor the letter for each business.

### Step 5: Get training

It's a good idea to do some training for your event. Here are some tips:

1. Train as a team, you will be more motivated in a group
2. Make sure you have someone experienced who can help you warm up and down properly.
3. Don't push yourself, slowly build up to the fitness you need.
4. Have fun!



## About TSC Heroes

TSC heroes was founded by the Place family and friends in 2014, inspired by the courage of their first born daughter Zarah who has tuberous sclerosis complex.

Through their amazing efforts the TSC Heroes raised a staggering \$44,667 through their team of 23 heroes participating in the Challenge Forster Triathlon, 2014.

Each year more Heroes follow in their footsteps under the TSC Heroes banner, and participate in many events around Australia including:

City2Surf – Sydney  
Bridge2Brisbane – Brisbane  
Run 4 a Reason – Perth  
Canberra Times Fun Run – Canberra  
Clare Valley Half Marathon – South Australia  
Burnie 10 – Tasmania  
City2Sea – Melbourne  
Western Sydney Ironman 70.3 - Sydney



Since inception, our remarkable team of TSC heroes have raised over \$162,000.

## How TSC Heroes have made a difference

Thanks to the generosity of our TSC Heroes, TSA has been able to work towards its vision of creating a better life and a more hopeful future for every individual living with TSC. We have:

- Supported individuals and families affected by TSC through our information and support service so no one has to face the challenges of TSC alone
- Created a children's book about TSC. A wonderful resource for parents to help explain to their young children what TSC is and how it affects them
- Funded important research about the financial burden of having a child with TSC. The study will help TSA design programs and influence policy to best help TSC families with their challenges
- Expanded our TSC Professionals Directory. This directory is a network of health professionals around Australia that have expertise in TSC. This directly ensures families affected by TSC can get access to experts who will give the right advice and care for their loved one.

**We have achieved so much, but there more to do.  
With you help we can continue to make a major impact  
on improving the lives of families affected by TSC.**

## Fundraising Tips for TSC Heroes

**Create an online donation page:** Make it simple for people to support you by posting a link on social media to an online donation page either via mycause or TSA can create one for you.

**Personal approaches work best:** Contacting people directly to ask for their support is the best approach so think about using email rather than only Facebook posts. If you use Facebook, consider personal messages or tagging people on their page. Select a few people to speak to face to face or call directly to invite them to get involved.

**Make sure you contact all your potential supporters:** In addition to close friends and family, don't forget to contact any other groups you may have connections with: current and former colleagues, old school and college friends, members of sporting clubs you belong to, or committees you are part of. Rotary Clubs and Lions Clubs are often good to approach for support – they are generally great supporters of local charity work in their community. If you are involved in business don't forget to ask your suppliers, as they often like to show support.

**Make a donation:** Want to get your donations flowing? Here's a hot tip from our experts: fundraisers who donate to their own page raise over 120% more on average. You could ask people to simply match your donation.

**Email your supporters again:** People mean to donate, but sometimes it gets pushed to the bottom of the inbox and they forget. It usually takes more than one round of emails to nudge everyone into action, so don't feel embarrassed about asking people again.

**Ask to be included on your company website or newsletter:** Lots of companies encourage staff to participate in charitable events and fundraising, so ask your workplace if they are willing to include something about your efforts on the company website or the intranet or company newsletter.

**Donation Matching:** Check with your workplace to see if they have a gift matching program and ask if they will match donations to TSA under your name. Many companies will!

**Things to avoid:** Please do not door knock or soliciting in public spaces on behalf of TSA. If you'd like to hold an event to boost your fundraising, talk to us for guidelines and help. The easiest way to do this is have your donors give on the Everyday hero platform under your name.

**Most of all have fun!** Enjoy the experience and feel good about the wonderful thing you are doing for people living with TSC.



## Sample sponsorship Letter

Dear Supporter,

Thank you for considering sponsorship of our TSC Heroes team. Your contribution will help TSA (Tuberous Sclerosis Australia) raise much needed funds to help and support people living with TSC (Tuberous Sclerosis Complex).

### **TSC can be a devastating condition.**

When a child is diagnosed with TSC, that family's world is turned upside down. TSC causes benign tumours to grow in the various organs of the body, including the brain, heart, kidneys, skin and lungs. Although there is a spectrum of severity and each individual case is different, common symptoms include difficult to control epilepsy, learning and intellectual disabilities, autism, mental health challenges, kidney disease and disfiguring facial growths.

Every week in Australia a baby is born with TSC. There is no cure for this devastating disease.

Thanks to the generosity of people like you, TSA (Tuberous Sclerosis Australia) has been able to help individuals and families for more than 40 years by.

- Ensuring Australians with TSC have access to the best possible healthcare
- Providing up to date and accurate information to all Australians with TSC
- Supporting individuals and families affected by so no one has to face the challenges of TSC alone
- Championing an active research program in Australia that works towards a cure for TSC

**Your sponsorship will help the TSC Heroes team reach their goal of raising vital funds to support TSA's valuable and life-changing work for the TSC Community.** In recognition for your support, we will display your company logo on the team's shirts, at the race on the day, and mention your company on our website, social media sites and in press releases. We're also happy to work with you and your staff to acknowledge your support in other ways. Sponsorships start from just \$2,000.

We urge anyone considering sponsoring our TSC Heroes team to extend their support for the wonderful efforts of these TSC heroes as they undertake a physical challenge which will help to improve the lives of families affected by this devastating disease.

I welcome you to contact me directly with any questions at [Jackie.gambrell@tsa.org.au](mailto:Jackie.gambrell@tsa.org.au).

Sincere thanks,

Jackie Gambrell  
Chief Executive Officer