



# FUNDRAISING

FOR THE MITO FOUNDATION

**mito**   
FOUNDATION

INCORPORATED AS

**amdf**   
AUSTRALIAN  
MITOCHONDRIAL  
DISEASE FOUNDATION

# THANK YOU!

If you are reading this document you're already a champion in my books.

Fundraising for a charity you care about is an extremely generous contribution in terms of time and resources, and we celebrate your efforts.

Our team can help make your event a great success and ultimately have the biggest impact on people with mitochondrial disease (mito).

I look forward to hearing about and seeing photos of your fundraising initiative, in whatever form it takes.

Best wishes,

**Sean**

Sean Murray  
CEO  
Mito Foundation



We're here to support you, so please get in touch on  
(02) 8033 4113 or email [info@mito.org.au](mailto:info@mito.org.au).



# ABOUT THE MITO FOUNDATION

The Mito Foundation supports sufferers and their families, funds essential research into the prevention, diagnosis, treatment and cures of mitochondrial disorders, and increases awareness and education about this devastating disease.

Mito is a debilitating genetic disorder that robs the body's cells of energy, causing multiple organ dysfunction or failure and potentially death. There is no cure and few effective treatments.

Thanks to people like you, the Mito Foundation continues to be a source of energy and hope for the mito community. Thank you.



Helpline



Improving diagnostic techniques



Finding Cures



Information Days



Advocating for patients



Support Groups



Educating the medical profession and general public



Developing treatments

## About Mito

- One Australian child born each week will develop a severe or life-threatening form of mito.
- Mito affects 1 in 5,000 people, making it the second most commonly diagnosed, serious genetic disease after cystic fibrosis.
- Mito is highly complex and takes many forms.
- One in 200 people, or more than 120,000 Australians, may carry genetic changes that put them at risk for developing mito or other related symptoms including diabetes, deafness or seizures during their lifetimes.
- Mito can cause any symptom in any organ at any age.

# HOW TO GET INVOLVED

Fundraising for the Mito Foundation is a great way to show your support in helping us find a cure for mito. There are many ways to get involved.



## Sign up for an AMDF event:

From The Bloody Long Walk to Stay in Bed Day, we have something for everyone.

[Check out our Mito Foundation events calendar here. www.mito.org.au/upcoming-events](http://www.mito.org.au/upcoming-events)

## Join an existing event:

Get sponsored to take part in an existing event - from marathons to swims to crazy obstacle courses - there are plenty of challenges to join.

[Find out more at: www.mito.org.au/team-mito](http://www.mito.org.au/team-mito)



## Do It Yourself:

Get your creative juices flowing and organise your own fundraising activity! Get together with your workplace, school, club or friends – it's completely up to you. Check out some of our ideas on page 6.

We can help! From brochures to banners to balloons, we have the resources to support you.



# WHY YOUR FUNDRAISING MATTERS

## Meet Noah

Noah's favourite thing is to make people laugh, with Star Wars coming a close second! But behind his gorgeous smile, Noah bravely fights mito. He has undergone countless medical procedures and has had multiple stroke-like episodes, which occur without warning - each one causing significant brain damage.

Despite being fed by a tube and having to rely on his wheelchair, Noah is determined to live life to the full. Ask him how he feels and he says "I choose to be happy."



"All I want is to find a cure for my little boy." – Kat, Noah's mum



*Every dollar you raise will help to find treatments and a cure for people like Noah.*

# FUNDRAISING IDEAS

Do you want to support the Mito Foundation but you're not sure where to start? Here are some of our favourite tried and tested fundraising ideas:



## PJ Day

Wear your comfiest sleepwear and organise a PJ Day at your school or workplace for Stay in Bed Day [www.stayinbedday.org.au](http://www.stayinbedday.org.au). Take a gold coin collection, and fine anyone who doesn't join in on the fun!



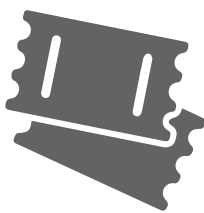
## Bake Sale

Pop on the kettle and take donations in exchange for delicious baked goods amongst friends or colleagues. You could even host a competition for the best Mito Foundation green bakes and crown a winner!



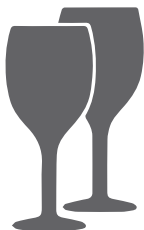
## Challenge Yourself

Sign up for a new sporting challenge or beat last year's efforts. Get sponsored to walk, run or skip knowing every step you take will make a big difference to the lives of those affected by mito.



## A Night at the Movies

Fire up the projector or turn on the TV and invite friends for a cinema-style experience. Provide the ticket and popcorn for guests in exchange for donations.



## Candlelight Dinner

Mito robs the body's cells of energy, so why not save energy (\*aka electricity!) and host a dinner party for your friends by candlelight. Invite guests to make a donation on the night and throw a couple of dinner party games in for good measure.

# CELEBRATING OUR FUNDRAISERS

## City2Summit Cycling Challenge

James, Sam and Shoji took on the challenge of cycling to the summit of Mount Kosciusko and back in 24 hours – all on city rental bikes! They raised an incredible \$8,800 for the Mito Foundation - enough to run our Helpline for one whole year.



## Act for Alana Movie Night

The Catton family hosted a movie screening of Peter Rabbit in their local cinema, in support of their five-year-old daughter Alana (pictured) who has a rare form of mito. Over \$1,700 was raised!



## Young Henry's Indie Train

The Baldry family organised a day of live music and family activities at the June Licorice & Chocolate Factory, in memory of Henry, who passed away from mito. Young Henry's sponsored the event that raised a whopping \$19,500.



**GET IN  
TOUCH**

We welcome new fundraising initiatives so call us on (02) 8033 4113.

# FUNDRAISING STEPS

Now that you've chosen how you would like to support Mito Foundation, it's time to spread the word and kick-start your fundraising.

- Fill out our fundraising event form on the website ([www.mito.org.au/communityfundraising](http://www.mito.org.au/communityfundraising)) to let us know what you're doing, and so we can help!
- We'll get in touch with you once we receive your form, or you can email us at [info@mito.org.au](mailto:info@mito.org.au) with details about your activity so we can provide you with an Authority to Fundraise and other fundraising goodies.
- Set yourself a fundraising target (NB If you're organising your own event, aim to stick to the 70:30 income and expense ratio).
- Set up an online fundraising page with Everyday Hero (<https://everydayhero.com.au/event/amdfchallenges>) to allow people to easily donate to your activity, even if they can't attend themselves.
- Share the link to your fundraising page on social media or email your contacts to let them know what you're doing and why it's important to you.
- Put up posters in your local school, workplace or club to let everyone know you're fundraising for the Mito Foundation. You can use our handy templates here [www.mito.org.au/communityfundraising](http://www.mito.org.au/communityfundraising).
- Don't be afraid to ask twice! Friends and colleagues will appreciate the reminder and it will help boost your overall fundraising total.
- Need more tips? Our fundraising team has lots of experience and is happy to help – we can also promote your event too. Give us a call on (02) 8033 4113 or email [info@mito.org.au](mailto:info@mito.org.au).



#mitofoundation

Don't forget to  
tag us online!



@AusMito



# PAYMENT DETAILS

Thanks to the amazing efforts of our supporters, just like you, we're one step closer to our goal of a world without mito.

You can make a payment to the Mito Foundation by:

- **By Direct Deposit** – You can make a deposit directly into our bank account. Call us on (02) 8033 4113 to get our bank details and your unique reference number.
- **By Credit Card** – Put the money raised into your bank account and give us a call to make payment with your credit card.
- **By Post** – You can send us a cheque or money order addressed to 'Mito Foundation', making sure to include your name, phone number and event details.

Please send it to:  
Mito Foundation  
Suite 3/21 Mary St  
SURRY HILLS NSW 2010

**NB** Please remit funds raised within fourteen days of your event taking place.

ABN: 84 135 324 391 (incorporated as Australian Mitochondrial Disease Foundation Ltd)

# HOW YOUR MONEY HELPS



**\$20**

could help fund vital research into a cure



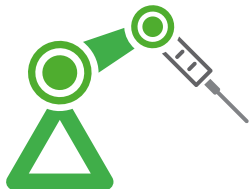
**\$35**

could fund the Mito Foundation Helpline for a day



**\$126**

can fund a Mito Education Pack to a medical centre



**\$500**

could fund a junior researcher's work for a week



**\$4,000**

could allow two patients access to next generation sequencing

## LIVING TODAY WITH HOPE FOR TOMORROW

We're here to support anyone affected by mito.