

#30DaysOfHope



Fundraising Guide
in 30 DAYS
CHALLENGE

Walk, run, jog, cycle your way to 30K this Ramadan and raise money for those that need our help in 2025



in 30 DAYS
CHALLENGE

RAMADAN 2025
1446H

#30DaysOfHope

Fundraising Guide

This guide will help you get started and provide instructions on how to reach your goal and raise money this Ramadan!

YOUR 30K!

If you havent already got an idea on how you will achieve your 30k. Here are some ideas below:

- **Walk 1k a day**
- **A 30k cycling or hiking trip with friends or family**
- **A 1k jog a day**
- **1k Sprints each day**

You can break up the 30K into smaller chunks or complete the challenge in one day, it is your 30k. We at Human Relief Foundation would love it if you can share your journey on socials with us! Your donations will make a big difference.

Share your journey on our socials!



humanrelieffoundation



hrfuk



human-relief.bsky.social

Whats included?

Your Fundraising Calendar

Your fundraising pack includes a 30-day calendar to record your progress. You can stick it on your wall for motivation! This is a great way to see what you have achieved so far!

Bunting and graphics

These are in the pack to motivate you towards your goal. You can also use them to promote your 30k event.

Sponsorship Form

In your pack you will find a sponsorship form. This is a more traditional method where you will collect sponsorships from individuals, groups, or businesses who sponsor you for your 30k campaign.

Keep a running list of all sponsors and their contributions so you know how much you have raised at the end.

Submit Raised Funds: Once you've collected all donations, send the total amount raised to Human Relief Foundation either online via bank transfer (details in the fundraising pack) or come straight to the HQ if you are local. We would love to say hello and see how you got on!

If you would rather fundraise online you can set up a Launchgood page!

How to set up a Launchgood page:

Go to the LaunchGood website and sign up for an account.

Create a new campaign, choosing the 30K in 30 Days initiative as your project and select you are raising funds for the charity, Human Relief Foundation.

Customize your page by adding a description of your campaign, setting a fundraising goal, and sharing why this cause is important to you.

Start sharing your page to family, friends and colleagues and spread the word!

Good luck with your fundraising journey, and thank you for your dedication to this important cause!

You've got this!

30K

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hrf.org.uk

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1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	MY CHALLENGE: FUNDRAISING TARGET:	

HRF Human Relief Foundation
hrf.org.uk | 0207 060 4422

**YOUR DONATION. OUR WORK.
THEIR PRAYERS ANSWERED.
WE ARE ALL HRF.**

**Share your journey
on our socials!**

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30K **in 30 DAYS**

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By sponsoring me you will be helping towards feeding a family of five for a month this Ramadan.

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hrf.org.uk | 0207 060 4422

30K

in 30 DAYS

30K in 30 DAYS **SPONSORSHIP FORM**

HOW TO RETURN YOUR SPONSORSHIP MONEY



Online Bank Transfer

You can pay in the money you have fundraised online by Bank Transfer

Bank: Natwest

Account name: Human Relief foundation

Account no.: 29110629

Sort code: 56-00-36

It is quick easy and secure.

**SCAN ME AND WATCH HOW THE MONEY YOU
RAISE MAKES A DIFFERENCE IN OUR WORLD.**



£50
TO HELP BUILD
WATER WELLS
TO PROVIDE
CLEAN WATER

£75
FEEDS A
FAMILY OF FIVE
FOR A MONTH

£150
TO EDUCATE A
REFUGEE CHILD
FOR A YEAR

**YOUR DONATION. OUR WORK.
THEIR PRAYERS ANSWERED.
WE ARE ALL HRF.**

Make your own bunting!

Print off some of these bunting sheets and cut out the triangles.

Pierce holes in the two circles of each triangle and thread string through the holes and hang it up!

