

Facing your fear deserves a whole lotta sponsorship. But no sweat. The more of these you tick, the more you'll see those donations roll in. Here are...



The secrets of fearless fundraising

Set your JustGiving page up to be a success

Customising your page will increase your donations. So don't be shy. Tell your story. Show what you're taking on. Make it personal.



Set your fundraising target

It'll give you a satisfying goal to aim for, and give your sponsors a great feeling of achievement, too. (Psst! Get your first donation on your JustGiving page by 30 June, and you'll be entered into our prize draw to win a GoPro!)



Go public

Set your date. Tell your mates. No going back now! Make it real by following us on Facebook too.



Post, post, post

Post what you're doing (and why) on all your social channels. Share the link to donate. Make sure no one misses out on the chance to chip in and see you suffer...



Share the moment

When it's time to face your fear, be sure someone's taking pictures and video. Stream or share – so everyone can join you in having a scream! And don't forget to show us what you're made of, using **#FaceAFear**



One last post

You've shown you've got guts. Tell people one last time what you did, why you did it, how important every pound is – and how to donate.

