

# Get Social

**#RedforRuth**  
**#TurnCricketRed**

**Social media** is a great way to engage with your friends and family when you are taking part in a fundraising event or activity. It gives you the opportunity to update them on your progress, help raise funds and see positive words of encouragement!

## Looking for inspiration

download our ready-made social media posts from the website.

## Show progress through pics,

Instagram is the best place for this!

**Stories** are a great way of engaging and make it very easy to share a direct link to your fundraising page.

**Tag on twitter** to shout about your achievements, it's also the perfect space to add a cheeky GIF!

Why have you chosen to fundraise for RSF? Share your story with **#RedforRuth**

We would love to follow your fundraising journeys, so don't forget to share your progress and use our hashtags!

## YOU CAN FIND US HERE



@RuthStraussFoundation



@RuthStraussFdn



Ruth Strauss Foundation



Club RunforRuth



Ruth Strauss Foundation

**Set up a Facebook event page** and make sure to invite your friends and family to join.

**Birthday fundraisers** are also a fantastic way to raise money to support our Foundation, whether it's your clubs birthday or one of the players!

**Want to reach your partners?** Share our missions and your reason for supporting RSF on LinkedIn.

**Not everyone enjoys fielding drills,** but if you use Strava to record your training sessions then make sure to join our club.

**Share your online fundraising URL** with an ask for a donation, making it easier for people to support you.

