

Get sharing!

Social media is a fantastic way to raise funds and we have graphics and tips to make it as easy as possible!

Before you start, take a look at our resources and download the graphic you'd like to use, then save it into Photos on your phone (or on your computer if you prefer to post from there).

Have a think about how you could make it personal: Are you raising funds to celebrate someone special? Is it your first long run or walk? Maybe you could use a photo or video instead of one of our graphics?

Make sure you include your fundraising page link and don't be afraid to ask for support – people will like to see you're raising funds for a good cause.

Share your story far and wide and post regular updates on your training and the event itself – you will be surprised how many people will be interested in supporting you!

Follow these simple steps to add Bionics Institute resources to your social posts!

Adding a Post to Facebook, Twitter and Instagram:

- Open the site or app
- Swipe right to access the camera or tap the Plus sign (+) icon and scroll to Story.
- Select the image you downloaded
- Add in your fundraising link
- Share away

Adding a Story to Instagram:

- Choose an Instagram story image and download it to your phone
- Open the Instagram app
- Swipe right to access the camera or tap the Plus sign (+) icon and scroll to Story.
- Select the image you downloaded
- Go to the Instagram Stories sticker tray and select the link sticker to add in your fundraising link
- Share away



Tag Bionics Institute in your posts:



@bionicsinstitute



@bionicsinst



@bionicsinstitute