



We're so thankful for your commitment to help inspire hope, change and action during Love Some1 with GLUT1.

This campaign is about families, friends, and our community coming together to support individuals living with GLUT1 Deficiency. You do not need to be a fundraising expert to be successful - sharing your story and inviting others to walk beside you is more than enough!

1 Start with Your “Why”

People give because they care about you and your story.

When setting up your page, consider sharing:

- Who you are and who you are fundraising for
- What living with GLUT1 means for your family
- Why the Foundation matters to you
- What gives you hope



♥ *Tip: Your story does not need to be long or perfect. A few honest sentences from the heart are powerful.*

2 Set a Goal - Then Invite Others to Climb With You

Think of your fundraising goal as your mountain.

- Choose a goal that feels meaningful and achievable (many families start with \$250–\$1,000)
- Remember: people like helping you reach a goal - it gives them a reason to say yes
- Starting with a self-donation is a great way to kick off your campaign, so once you send out messages, you are already “seeded” with some money!

♥ *You can always raise your goal if you reach it early!*

3 Ask Personally (It Makes a Big Difference)

Personal asks are the most effective way to raise funds. Try:

- Texting or messaging close friends and family
- Sending a short personal email
- Posting on social media and following up with a few direct messages
- Sending a simple postcard to friends, family, or neighbors. This can be a meaningful option for reaching people who may not be active on social media or email.

♥ **Simple ask examples:**

“Hi! Our family is participating in Love Some1 with GLUT1 - a campaign that supports research and families like ours. Would you consider donating or sharing our page? Every bit helps us climb this mountain together.”

➔ [Additional Examples](#)

4 Use Social Media - and Share More Than Once

Most people need to see something more than once before they act. Ideas for posts:

- Why you're participating
- A photo of your child, family, or team
- A milestone update ("We're halfway to our goal!")
- A thank-you post for supporters

♥ **Tip: Posting 3–5 times during the campaign is encouraged - you are spreading awareness, not bothering anyone.**

5 Celebrate Milestones (Big and Small)

- Every step up the mountain matters.
- Celebrate your first donation
- Share when you reach 50% or 100% of your goal
- Thank donors publicly (if you're comfortable) or privately

♥ **Gratitude fuels momentum.**

6 Remember: You Are Not Doing This Alone

This campaign reflects who we are as a community.

- Some families will raise a little, some a lot - all efforts matter
- Awareness is just as important as dollars raised
- Your participation helps future families feel less alone
- We are here to help! (reach out to the team at hello@G1DFoundation.org)

♥ **Together, we are climbing mountains that no family should have to climb alone.**

7 Most Important Reminder

You are appreciated!

Showing up, sharing your story, and inviting others into this journey is already a success.



Thank you

for being part of Love Some1 with GLUT1
powered by science, strengthened by hope, and lifted by love