

A man with a beard and tattoos is sitting on a gym machine, wearing a white t-shirt with a mustache logo and the text 'ITGP'. He is pointing towards the camera. The background is a gym setting with various equipment.


MOVEMBER®

HOW TO ASK FOR DONATIONS

DOING MO YOUR OWN WAY BUT NEED A HAND ASKING FOR DONATIONS?

WE GOT YOU.

Spend less time finding the right words, and more time havin' fun, doin' good with this quick and easy guide.

01

EXPLAIN YOUR CHALLENGE

It's as simple as saying:

"I'm riding the distance from London to Leeds to support Movember and men's health"

– or whatever your big, bold and epic challenge is.

02

ASK FOR A DONATION

Choose the phrase that fits your motivation:

"I'm taking on a gruelling test of physical endurance to raise funds for men's health. Can I count on your donation?"

"I'm going big and bold to change the face of men's health. Will you chip in and support me?"

"I'm going all out. Are you all in? Donate to support my epic fundraising challenge."

03

TELL THEM HOW

You've got two options:

"To donate, big or small, visit my Mo Space. The link is..."

"Chip in with a cash donation. I'll be sending my total to Movember when my challenge is done and dusted."



Need a hand? Get in touch at info.uk@movember.com and we can help with whatever you need.