

How can I help?

Here's some fun ideas to get involved...



Get Active...

Set yourself a physical challenge and track your progress with Strava. Run a marathon. Do a local fun run or any of the annual fundraising events open to active New Zealanders.

At Work...

Each year in September we celebrate World Sepsis Day. Why not run a flag day at work, or get some workmates together to fundraise and announce your total donation at a shared lunch?

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At School...

Organise a colour run using Orange and Teal. Organise a "Raise the Flag" day. Run a bake sale at the school fair. Ask the kids to give up chocolate for a week.

Events...

From a marathon, triathlon or charity bike ride to a sponsored walk or trek, you can use JustGiving to raise money whilst participating in any official event.

