



GET INVOLVED

ParaQuad NSW needs the ongoing assistance of caring and generous individuals, communities and organisations to continue our quest to help Australians with a spinal cord injury to achieve their choices in life.

You can get involved and be a part of helping our community by:

- Becoming a community fundraiser and help us raise funds for ParaQuad e.g. participating in City2Surf, organize a fundraising event, Run4Fun etc
- Become a volunteer
- Leaving a Bequest
- Making a donation by Cash, in kind or donating your time
- Spreading the message on prevention

Your School can help by:

- Holding a fundraising event
- Organise a guest speaker from ParaQuad
- Hold a Wheels for a Day event in your school
- Workplace Giving Program for teachers
- Volunteering
- Get involved with one of our events – buy tickets, join in the fun
- Ensure your school is accessible and socially inclusive

Contact our Community Relations Manager on (02) 8741 5627 or email paraquad@paraquad.org.au for further information.

ParaQuad NSW is an organisational member of the Fundraising Institute of Australia and is committed to the highest standards of ethical fundraising practice.



www.mindyourback.com.au