

Team Naomi Runners – Social Media Copy

To help you spread the word about your amazing challenge and the difference you are making, we have written some copy to get you started and have created a variety of graphics for you to use to help increase your fundraising. You can access these graphics [here](#).

Don't forget to tag us **@naomiandjack** when sharing your posts about your challenge.

Facebook: facebook.com/naomiandjack

Instagram: instagram.com/naomiandjack

X: x.com/naomiandjack

LinkedIn: linkedin.com/company/naomi-house-&-jacksplace

Post 1 (Inspiring & Confident):

I can't wait to hit the ground running in the **[Race Name]**! I've set myself the challenge of running **[Distance]** miles to help raise vital funds for Naomi House & Jacksplace.

Every step I take will help provide expert care for children, young adults, and their families who rely on these incredible hospices.

Your support means the world—please donate and help make a difference!

  Donate here: **[add your JustGiving page]**

 Race date: **[Date]**

#TeamNaomi

Post 2 (Fundraising Focus):

I'm taking on the **[Race Name]** to support Naomi House & Jacksplace, and I need your help! Every donation, big or small, brings me closer to my fundraising goal and helps provide vital care for families facing unimaginable challenges.

Just £20 can provide an hour of expert nursing care—so every mile I run counts! Please support me by donating today.

Helping the hospices to be there for families on the good days, difficult days and last days.

[add your personal story and reason for taking part, tell your friends and family exactly why you're running and why it's important to you]

  Donate here: **[add your JustGiving page]**

 Race date: **[Date]**

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Post 3 (FOMO Alert):

The best races aren't just about the miles—they're about the people running them! 🏃❤️

I'll be lacing up for the **[Race Name]** to support Naomi House & Jacksplace, and I'd love for you to join me! Whether you're a seasoned runner or taking on your first challenge, this is your chance to be part of something truly special.

Let's push our limits, cross that finish line, and make a real difference together!

Sign up here: naomihouse.org.uk/events

#TeamNaomi

Post 4 (Testimonial Power):

In **[Month]**, I'm running **[Distance]** miles to raise money for Naomi House & Jacksplace. This is why your support matters:

“Hydrotherapy pools are lovely and warm. When children and young adults are in the pool, the heat of the water helps to reduce stiffness in any tight muscles, which can reduce their pain and increase the amount of movement they have in their joints. The physiotherapy exercises we do in the pool including stretches and strength exercises add to those effects”

This race is about more than just running; it's about making every mile count. Please give what you can and let's help fund staff time for a hydrotherapy pool session.

🏃❤️ Donate here: **[add your JustGiving page]**

📅 Race date: **[Date]**

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