**Prewritten emails copy;**

**Example email 1**

Dear friends,

I am sipping this September to raise funds to find the cure for paralysis. I pledge to drink every drink through a straw for a whole week - every coffee, every lemonade and every beer - and I need your help!

Almost every single day in Australia, someone has their life changed forever by a spinal cord injury. More than 15,000 Australians are currently living with a spinal cord injury with an estimated 300 - 400 new cases each year.

Please sponsor me on (insert personalised link) and help us find a cure paralysis for all.

THANK YOU!

**Example email 2**

Dear (insert name)

Please help me raise $1000 for the Perry Cross Spinal Research Foundation this September when I pledge to drink EVERY SINGLE drink I through a straw for an entire week. That's right, every cup of tea, every orange juice, every coffee, every water, every beer – THROUGH A STRAW!

I would love for you to join me! Here are the ways you can help:

* Sign up and join me as a SIPPER at www.sipweek.com
* Sponsor me – here is my page (insert personalised link)

I hope that one day, we can find a cure for paralysis, and with your help, we are one step closer.

THANK YOU!