

# WELCOME!

The first annual Buddy Run is such an exciting opportunity for us to step up and say NO to bullying!

At the Alannah & Madeline Foundation, we work towards keeping children safe from violence and bullying.

This festive family event highlights the Foundation's continuous efforts to reduce bullying and cyber bullying.

This event is so important to us, as no child deserves to feel like they don't belong.

Thank you so much for registering and joining us to help make a difference, and working towards making sure everyone is included and respected.

We are so excited that you've decided to join us in making a difference!

## WHY WE NEED YOUR HELP

1 in 4 children report being bullied every 12 months, and the effects of bullying can last a lifetime.

Bullying can affect a child's self-esteem, behaviour, as well as their ability to succeed at school. When we work together, we can tackle this issue and make a difference.

Because of the negative impact that bullying and cyber bullying has on so many people, we're stepping up and raising awareness to make a difference to those affected by this issue.

We're so excited you're joining us!

## IMPACT OF YOUR SUPPORT

The Alannah & Madeline Foundation's programs care for children who have experienced or witnessed serious violence, reduce the incidence of bullying, cyber bullying and other cyber risks, as well as being advocates for the safety and wellbeing of children.

With your help, we can make a difference in the lives of children who have been affected by violence and bullying.

We can't thank you enough for being involved in this special event!

THANK YOU

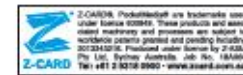


1300 720 747  
amf.org.au  
buddyrun.org.au

THE EDUCATION STATE VICTORIA  
Thank you to the Department of Education and Training Victoria for partnering with us to create this fantastic event.

Thank you to all of our sponsors.

- Mama Loves to Share Buddy Run Ambassadors
- Spotlight



The Alannah & Madeline Foundation's



21 October 2018



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## HOW'S YOUR FUNDRAISING GOING?

Fundraising can be fun, and it's so important to help the Foundation protect children from violence and bullying.

Your fundraising efforts are enabling us to continue our vital work.

**\$50** can provide a child in emergency accommodation with a Buddy Bag filled with

basic, essential items, providing material aid and helping restore a sense of safety and security.

**\$100** can provide a child affected by violence or trauma with the resources they need to stay and succeed in school.

**\$500** can help vulnerable children recover from significant violence and

trauma through Children Ahead, a unique, intensive therapeutic program that rebuilds the child's physical and emotional development.



## FUN-DRAISING IDEAS

There are so many fun ways you can fundraise with your friends and family.

Some of our fun-draisers have done awesome things, like having a movie night, a casual clothes day at school, or even holding a bake sale at their local footy club!

What are some things you love to do that can help you raise money to help us step up to bullying together?

Bring your friends together and start making a difference!

If you need more ideas, download our fundraising kit at [amf.org.au](http://amf.org.au)

Remember to share your photos #BuddyRun



### CONNECT ON SOCIAL MEDIA

Instagram @alannahmadeline  
Twitter @alannahmadeline  
facebook AlannahMadelineFoundation  
youtube AlannahandMadeline



21 October 2018



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# YOU ARE A STAR!



**SUNDAY 21  
OCTOBER  
FROM 10AM  
ALEXANDRA  
GARDENS**

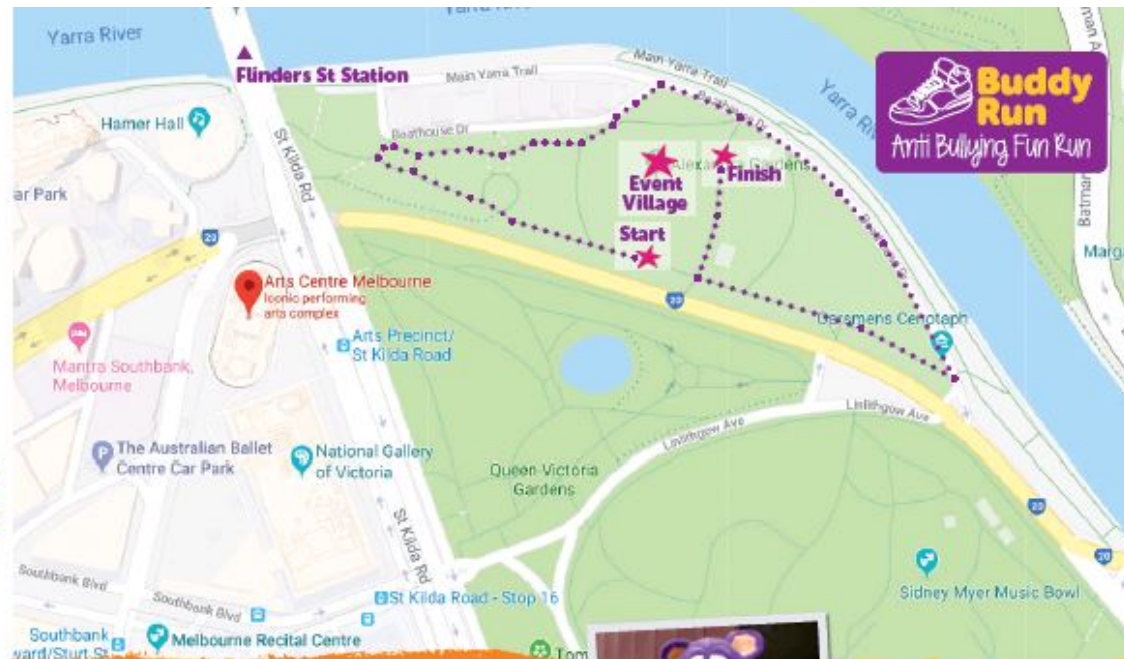


## DON'T FORGET!

Head to the enquiries marquee before the Run to collect your Buddy Bear!



1300 720 747  
amf.org.au  
**buddyrun.org.au**



## EVENT DAY

The Event Village opens at 10am, where there'll be a whole host of different and fun activities for the whole family.

The Fun Run starts from 11am and is pram, wheelchair and entire-family friendly!

## WHAT TO EXPECT ON THE DAY

### Event Village

We have something for everyone at our Event Village!

Plus there'll be lawn games, sports activities, competitions, prizes and heaps more.

In the morning, we'll be providing a free healthy breakfast for everyone. Throughout the day there'll be food trucks making coffee, serving burgers, ice cream and much more.

### Remember!

- Talk to an Alannah & Madeline Foundation team member to enquire about where to pick up your Buddy Bear for the race
- Bring gold coins to take part in some of our great donation-based activities!
- Bring your own water bottle to fill up at our hydration station.

Tim Tim the Entertainer will bring bubbles to life, Flutter By will be face painting and Hairhouse Warehouse will be braiding and colouring hair – and there'll be glitter galore!



**SUNDAY 21  
OCTOBER  
ALEXANDRA  
GARDENS**

3 Boathouse Drive, Melbourne VIC 3004

It's an easy walk from Flinders Street Station.

As there will be no official event car parking, please use public transport and give yourself extra travel time.

Boathouse Drive will be closed to traffic on event day.

*"All my family sponsored me and my kinder friends and I thanked everyone."*

**Mason, 5**  
Fundraiser

