



**Go Orange**  
FOR MUSCULAR DYSTROPHY  
[go-orange.com.au](http://go-orange.com.au)



**1-8 JUNE 2025**

## **Top Tips to Go Orange for MD in your Community**

### **1. Sign up for Go Orange for MD**

at [go-orange.com.au](http://go-orange.com.au) where you'll also find resources to assist your event planning.

### **2. Set the Date**

Decide when you'll have your fundraising event.

### **3. Decide what to do**

What's your style in orange? A hint of colour or a full-on orange look? Or perhaps your craft group would like to make orange cushions or you want to host an orange-themed cocktail party or high tea or do a sponsored sky-dive in orange!

### **4. Spread the word**

Send out an email your friends. Set up a fundraising page at [go-orange.com.au](http://go-orange.com.au) to make it easy for people to donate and share the link in your emails, so people have it to hand on the day. Talk about why you want everyone to Go Orange for MD and the difference it makes – if you have a personal connection to us then sharing this can help encourage people to take part.

### **5. Make the event fun**

Perhaps you'll have orange cakes at morning tea or a competition for best dressed in orange or have a raffle or a quiz about orange – contact MDT for help and resources.

### **6. Send a reminder**

A week before your event send out a reminder to come along, bring a donation and join in the fun.

### **7. Share your photos**

The event photos are such a great memory, so get permission to use photos you take of your friends and share on your socials. Fb #MDTas & Insta #MDTasmania

### **8. Pay in your donations**

Scan the QR code to donate or you can  
Email: [coordinator@musculardystrophytasmania.com.au](mailto:coordinator@musculardystrophytasmania.com.au)



**Get Started →**



Go Orange for MD is an initiative of Muscular Dystrophy Tasmania (MDT)  
Contact the MDT State Coordinator for more information  
P. 0417 372 233 or E. [coordinator@musculardystrophytasmania.com.au](mailto:coordinator@musculardystrophytasmania.com.au)

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