

How To Use Your #TeamSpinal Social Media Resources

1

Create a free Canva account

All the resources we've created are completely free to use. You can change the images, edit the text and download the files all without a pro subscription.

2

Make a copy of the file

To make a copy, click the File menu on the top left of your screen and click 'make a copy'. If you're on your phone, click the three dots on the top right to bring up the menu.

3

Customise your event info

Edit the event name and make sure you update the fundraising link in your bio. See our social media tips for where is best to place your links depending on what platform/features you're comfortable with.

4

Change the images (optional)

To change an image, right click it and select 'detach image'. Delete the image that pops out, and then drag your own image into the template to replace it.

5

Download the file

Click 'Share' and then 'Download' to save the resources. You can use any file type you'd like but we'd recommend using the default .png settings.

6

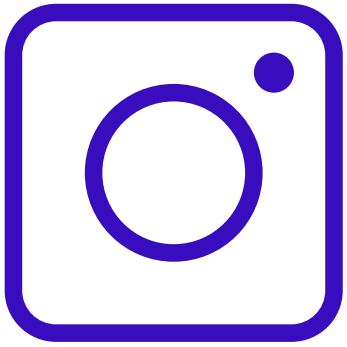
Share to your social media

Remember, these resources are endlessly editable. You can do weekly or monthly fundraising updates, reshare them to keep the cause fresh in people's minds, and change the thank you image every time someone new donates.

For help and support, email events@spinal-research.org

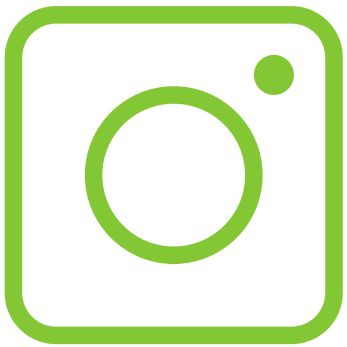
Spinal Research envision a future where paralysis no longer means a life sentence. You have brought us one step closer to making this a reality.

#TeamSpinal Social Media Resources Download Links



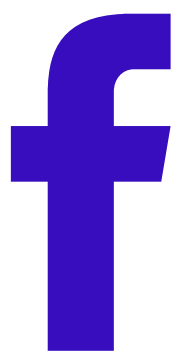
Posts

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Stories

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