

# #TeamSpinal Social Media

Resources and Download Links



 SCAN ME

# How to use your #TeamSpinal Resources

## 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.

## 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.

## 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.

## Change the pictures (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.

## 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. They will save as individual pictures, so you can choose to save all of them, or select a certain few.

## 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.



# Download **Links**



**Posts**

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**Stories**

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**Posts**

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**Posts**

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# Keep in touch

We are on hand to support you with any questions or support you need. Please see below to get in touch.

**Email us:** [events@spinal-research.org](mailto:events@spinal-research.org)

**Phone us:** 0203 824 7400

**Website:** [spinal-research.org](http://spinal-research.org)

**Write to us:** Spinal Research, 201 Borough High Street, London, SE1 1JA

## Follow us on social media

Please follow us on our social platforms to stay up to date with our latest news and developments. Don't forget to tag us into any posts relating to your fundraising.



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**THANK YOU**  
for helping us to cure paralysis!