



Rock a Sock

Charity Event Day Fundraising Guide

Supporting Free 3D Hands



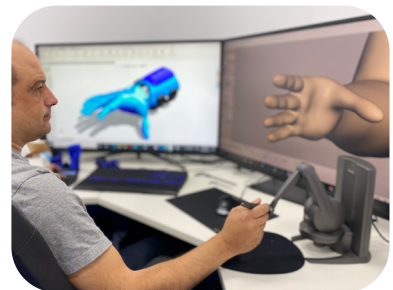
About Us

Founded by Mat Bowtell, we are an Australian based charity dedicated to designing and manufacturing 3D printed assistive devices. We don't charge our recipients a cent, not even for postage. We share our designs open source, so more people around the world can access assistive technology.

There are over 1 billion people around the world who require assistive devices. This number is predicted to double by 2030. For 90% of those people, access to assistive technology remains limited. Free 3D Hands exists to provide high-quality, low-cost designs for assistive devices for people with upper limb differences... for free.

We believe in a world where all people, regardless of where they live, should have equal access to free assistive technology that will improve their quality of life.

Our work is solely funded by the donations we receive. Your support will allow team to be able to focus on what we do best - design and innovate.



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"Some of my friends even said that they wish they had this kind of hand"

Your Support Matters

More than **1 billion**

people in the world need assistive technology

970 million

need glasses and
low vision aids



150 million

people need
mobility aids



but only 1 in 10

have access to products they need



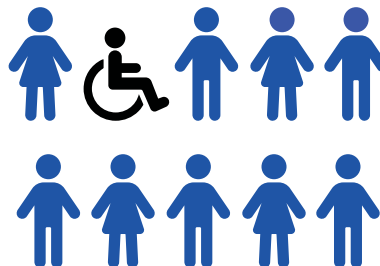
75 million

people need
wheelchairs



35 million

need prostheses
or orthoses



By 2030

more than **2 billion**

people will need assistive technology

(World Health Organisation, 2019)

*"Thank you for making my
amazing once in a lifetime
experience possible. GO PIES!"*



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Rock a Sock



How it works

Rock a Sock is an engaging way to bring your team together while supporting Free 3D Hands. By taking part, you'll help raise awareness of the challenges faced by people with upper limb differences, while contributing to the development and distribution of assistive technology.

On the day:

- Host an event to engage employees and encourage donations
- Wear a sock on your dominant hand for one hour
- Make a donation to support the work of Free 3D Hands

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"Zachary and I want to thank you so much for the new hand! He can now play his trumpet."

Fundraising Guide

Pick your date

While Rock a Sock Day is officially held annually in March, you can choose any date that works for your organisation.

Order your socks

To order socks, please contact our partner Good Things (see page 07) Alternatively, you can simply ask staff to bring in blue socks to participate.

Set a fundraising goal

Set a donation goal and start fundraising! You can create a free online fundraising page through mycause.com.au/start-fundraising Simply select Free 3D Hands as your nominated charity. All donations will be receipted with funds sent directly to Free 3D Hands.

Spread the word

Use the materials in this booklet to promote your event, more information found on page 07.

Engage your team

Make your Rock a Sock day fun and interactive by hosting a morning tea where staff can gather, learn about the cause, and celebrate donations. Invite clients, partners or customers to get involved by matching donations or participating. You can show the Free 3D Hands story video at your event (see page 07).

Celebrate and Share

Capture photos and videos of your team rocking their socks and share them on your internal channels and via social media. Encourage staff to post using #RockaSockDay and tag Free 3D Hands.



"The hands arrived and Sofia is so thrilled. It's the most amazing gift ever."



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Create Your Poster

Promote your event

Customise the downloadable poster with your event details and use it to promote your Rock a Sock Day across your workplace.

1 Download the poster

Visit the Free 3D Hands website
<https://free3dhands.org/events>

2 Open the file

Open the poster in your preferred program.

3 Enter your details

Update the date, time, contact and details fields.

4 Print and share

Save as a PDF and print or share digitally.



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"The look on Mia's face when she tried it on is something we will never forget"

Resources & Support

Donations

All donations received via your mycause page will be receipted with funds sent directly to Free 3D Hands net of bank fees.

If you received any cash donations from your event, please deposit funds raised within 14 days via free3dhands.org/donate

If you require Free 3D Hands bank account details for direct deposits, please email info@free3dhands.org and we can provide a tax-deductible receipt.

Order Your Socks

To order custom-designed Free 3D Hands socks, please contact our supplier partner Good Things:

goodthings.com.au

hello@goodthings.com.au

1800 049 786

Please allow 4–6 weeks lead time.
Alternatively, staff can bring their own blue socks on the day.

Our Story Video

[View on YouTube](#)

Need Help?

For support with your event, please contact us:
info@free3dhands.org



*"You are amazing people!
Thank you very much. We
send greetings from Slovakia."*

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Thank you for making a difference, we
can't wait to see you supporting Free 3D
Hands with your own Rock a Sock Day

If you have any questions, please contact:
info@free3dhands.org

