



Tips, Help & Check List

On-line activities

1. Jump for Dystonia Facebook page: <https://www.facebook.com/jumpfordystonia> - this is where all the activities/jump photos are collected and shared.
2. Photo Uploads – can be done in 2 ways on the JUMP for dystoni facebook page:
 - as a message on the wall
 - on the contest page https://www.facebook.com/jumpfordystonia/app_340493986057345 by submitting a photo together with e-mail address. By sharing the photo with friends and try and get as many likes as possible you can win a skydive. There are 4 skydives to win. These are chosen in January, April, July and October. Only one winner per country. The skydive will take place where you live.
3. Encourage people to use hashtags: #jumpfordystonia #dystoniaawareness #teamjumpfordystonia for all jumpfordystonia posts on facebook, twitter, instagram.
4. Encourage others to jump by nominating people to jump by posting:
 - "I nominate ...*name*"... to jump for dystonia"
5. Suggestions for key words/messages to use:
 - the little known brain disorder
 - causing involuntary muscle contractions
 - affecting millions of people worldwide
 - "I have jumped for ...*name/my mother*... who has dystonia and to raise more awareness.
 - Dystonia leads to disability, stigma and decreased quality of life for patients and their families.
 - Dystonia a little known brain disorder causing painful spasms.
 - We know more than half a million Europeans live with dystonia, but it could be as many as 3 millions...
 - Can affect one part of the body or several muscle groups
 - Can affect men, women and children of all ages and backgrounds
 - ...*name*...is taking up the challenge to jump for dystonia

In Real Life activities

6. Suggestions for JUMP events/activities:
 - at local/regional/national dystonia meeting
 - at General Assembly
 - contact media (radio, TV, newspaper) local/national level and tell them about your unusual awareness campaign.
 - bring the roll-up to the main square in your city, maybe on a Saturday in springtime, when there is a lot of people in town and ask people to jump, take photos and talk about dystonia
 - approach the Parliament in your country and investigate the possibility of organising a jump for dystonia event. Were there any MEPs from you country who jumped last November in Strasbourg? They might be interested in supporting you at the national level for an event. Check with Monika Benson if you need to connect with any of the MEPs who already jumped in the EU Parliament in Strasbourg.
 - at dancing/singing event, maybe in combination with fund-raising?
 - at health activities/events/exhibitions
7. Do you know anybody famous in your country that you could ask to jump for dystonia and support your cause? Much easier to spread the word with famous faces.