



SOCIAL MEDIA TIPS

POST ON FACEBOOK AND INSTAGRAM FEED!

Post one of our pre-made templates to your timeline and copy and paste the caption below to encourage people to sponsor you or challenge them to sign up!

Facebook:

I've signed up to take on the
Tommy Step Challenge for RBLI!
Raising money for
@RoyalBritishLegionIndustries
If you want to sign up too click here:
www.rbli.co.uk/tommy-step-lockdown-challenge/
#TommyStep

**Tag your friends
and family!**

**Let people know
you're taking part!**



Instagram:

I've signed up to take on the
Tommy Step Challenge for RBLI!
Raising money for @RBLICharity
If you want to sign up too click here:
<https://rbli.co.uk/tommy-step-lockdown-challenge/>
#TommyStep

Twitter:

I've signed up to take on the
Tommy Step Challenge for RBLI!
Raising money for @RBLI
If you want to sign up too click here:
<https://rbli.co.uk/tommy-step-lockdown-challenge/>
#TommyStep

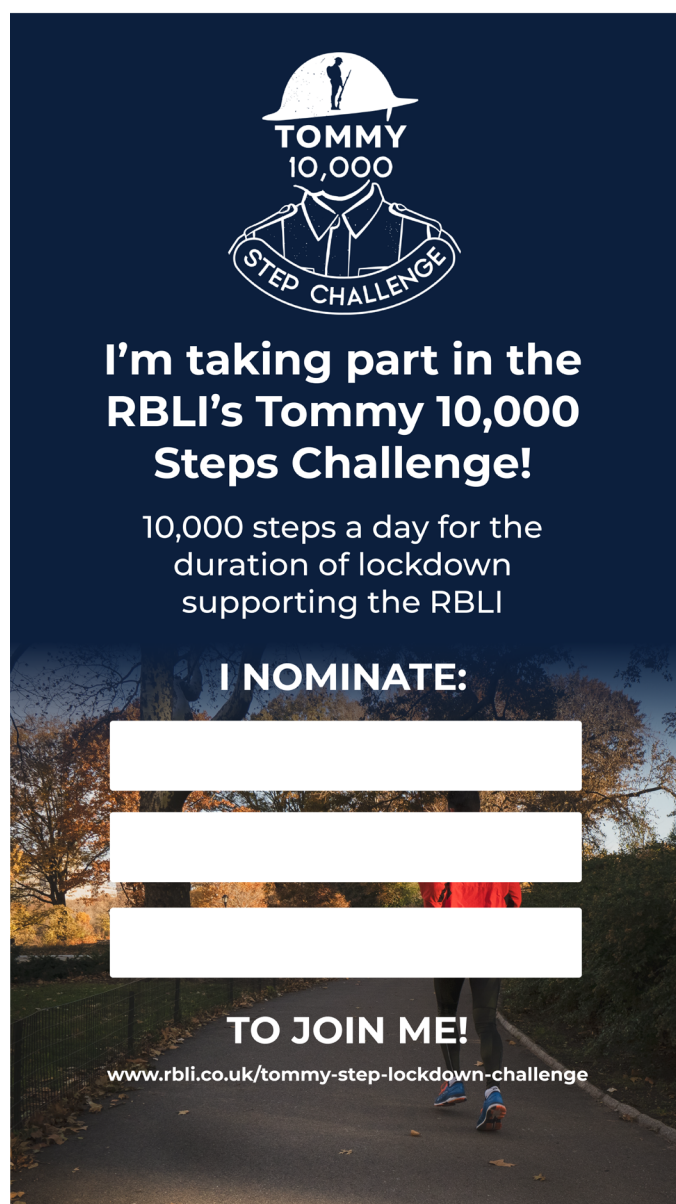


POST ON FACEBOOK AND INSTAGRAM STORIES!

Post one of our pre-made templates to your stories and encourage people to sponsor you or challenge them to sign up!

**USE THE HASHTAG
#TOMMYSTEP**

**Tag your friends
and family!**



**Let people know
you're taking part!**



MORE IDEAS!

Here are just a few further content ideas to keep your friends and family interested!

SHARE WHAT YOU'RE DOING

WHY AND HOW ARE YOU DOING TAKING ON THE CHALLENGE?



TAKE A SELFIE IN YOUR TOMMY STEP CHALLENGE T-SHIRT

HAVE YOU GOT A RUNNING BUDDY?

WHO DOESN'T LOVE A GOOD DOGGIE COMPANION?



HOWS THE TRAINING GOING?

EASY? TOUGH? TELL EVERYONE HOW YOU'RE GETTING ON!

DON'T FORGET TO TAG US AND #TOMMYSTEP



Royal British Legion Industries (RBLI) Charity No. 210063. RBLI, Hall Road, Aylesford, ME20 7NL, Kent



rbli.co.uk



fundraising@rbli.co.uk



[@RoyalBritishLegionIndustries](https://www.facebook.com/RoyalBritishLegionIndustries)



[@RBLICharity](https://www.instagram.com/RBLICharity)

RBLI is completely separate to The Royal British Legion and receives no financial support from the annual poppy appeal. The charity must raise its own funds to deliver care and employability support, and build more homes