

99,000
STEPS
CHALLENGE

For Together for Short Lives

'Get involved'
digital toolkit

The Challenge



One week.
99,000 Steps.

The 99,000 Steps Challenge is a fundraising event where participants complete 99,000 steps in a week and raise as much as they can for Together for Short Lives. Every step represents a child living with a life-limiting condition.

- **When:** 17 - 23 June 2024, Children's Hospice Week
- **Where:** Anywhere! We will have teams and individuals taking part throughout the week across the UK, you can achieve your steps as part of your daily life - at work, at home, at the shops, walking the dog!
- **Target:** The challenge is free to enter and everyone who raises £100 will receive an exclusive Together for Short Lives Medal.



Why take part?



Team Building

Build relationships by taking on the challenge with your colleagues. Nothing brings people together like raising money for a worthwhile cause and having fun in the process! You can even get your friends and family involved.



Physical Benefits

Take a big step towards a healthier you, this summer! Completing 99,000 steps in one week is no mean feat - it's a great opportunity to build stamina and improve fitness, whilst looking after your physical and mental wellbeing.



Friendly Competition

Spark a bit of healthy competition between areas and teams. Colleagues can track and compare their progress via our online leaderboards. Let's see who can step their way to the top of the leaderboard!



Supporting children and families

By taking on this challenge, you will be making an amazing difference for the 99,000 children living in the UK with a life-limiting or life-threatening condition. Every step will make a real difference to families facing the unimaginable.

How to get involved

Register as an individual for the challenge via:
99000steps.togetherforshortlives.org.uk

Begin building your step-tacular team. Share our challenge with your family, friends and colleagues

Make it count by sharing your fundraising page with everyone you know to kick-start your fundraising

Track your steps on the platform and climb the leaderboard!

Get stepping and raise vital funds and awareness for seriously ill children and their families



[Click here to register](#)

Step to it

Here are some ideas to help you reach your 99,000 steps:



Every step counts for families like Oscar's

Every step and every penny raised will help children like Oscar, and the hospices up and down the country who care for them.

Oscar was born with quadriplegia cerebral palsy, a four-limb movement disorder. In 2019, as Oscar's condition declined and his needs began to change, he was referred to Little Havens Children's Hospice.

At Little Havens there is everything Oscar loves around him; the respite can be a fun time for Oscar on his good days or it can be a restful stay with round-the-clock care.

Mum, Adelaide, said "It's much more to us than respite, they help to get the best out of each day for Oscar. If he's having a good day and really smiley and happy, they go outside because they know that's something he loves and is important to him. They want to make Oscar happy, and that's what Little Havens does for us as a family; nothing is impossible."

Children's hospices are always there for families like Oscar's when they need them, no matter what. Complete the 99,000 Steps Challenge and show your support for their extraordinary care.

One small step, one huge difference.



Need support?

We're here every step of the way!

The Together for Short Lives team is on hand to support you in stepping to success. We can help with everything you need, including information about the charity and your local children's hospice, support with fundraising events and ideas, and fundraising materials such as balloons, stickers, posters and t-shirts. You can contact us via:

Phone: 0117 989 7820

Email: Events@togetherforshortlives.org.uk

We absolutely love seeing your messages of support and photos on social media. Remember to send us your photos and tag us in your social media posts. Follow us for key updates too, you can find our handles below.



Spread the word:



@togetherforshortlives



@Tog4ShortLives



@togetherforshortlives



Together for Short Lives

Good luck and happy stepping!

Thank you for making each step count for seriously ill children and their families. The vital funds and awareness that you raise means that local children's hospices can continue to be there for children and families facing the unimaginable.

#99000stepchallenge

From the Together for Short Lives Stepping team

