

Social media posts to help promote your challenge

We've put together two types of posts to help you get started with sharing your challenge on your social media. On our [resources page](#), you'll find two graphics which you can download to accompany these posts.

Long-form (for Facebook, LinkedIn and Instagram)

In just the next week, I'm taking on an epic challenge - completing 99,000 steps!

I'm doing for children like Gaby, who was born with half a heart. There's no cure, so her family cherishes every moment they have together thanks to the support of their amazing local children's hospice. Gaby is one of 99,000 seriously ill children in the UK.

Please help me reach my fundraising target for @Together for Short Lives - every £ raised will help make a huge difference to the lives of children like Gaby and the amazing hospice workers who support them. Thank you so much! **[insert link to fundraising page] #99000Steps #ChildrensHospiceWeek**

Short form (for X and Threads)

I'm trying to complete 99,000 steps in just one week for @Tog4ShortLives and the UK's 99,000 seriously ill children ❤️ It's going to be tough, so every bit of help you can give by sponsoring me will keep me going: **[insert link to fundraising page] #99000Steps**

Top tip!

Remember links don't work in your Instagram feed! Simply say 'Link in bio' at the end of your post, and add the link to your bio description.

We'd also recommend you share a picture or video of yourself all geared up and ready to go, or already taking on your challenge - we've put together some suggested wording to help you. You're doing something amazing, so why not share it with the world?

Long-form (for Facebook, LinkedIn and Instagram)

I need your help! In just seven days, I have to clock over 99,000 steps! With every step and every stride, I'll be walking for the UK's 99,000 seriously ill children and the UK's 53 children's hospices.

Children's hospices are amazing places, but at the moment, there simply isn't enough money or staff to provide all the lifeline care seriously ill children need during their short lives.

So please, help me however you can - sponsor me, cheer me on, share my fundraising page! **[insert link to fundraising page] #99000Steps #ChildrensHospiceWeek**

Short form (for X and Threads)

I'm taking on the #99000Steps challenge for @Tog4ShortLives because the UK's 53 children's hospices need our help! Please help however you can - Sponsor me, cheer me on, share my fundraising page!



Top tip!

Make sure to tag Together for Short Lives and use the hashtags to increase your engagement and reach.

You can find us on:

