

99,000 STEPS CHALLENGE

For Together for Short Lives

17-23 June

Thank you for taking part in this year's 99,000 Steps Challenge!

With every step, wheel, jump, or even dance, you can pave the way to make a difference for the 99,000 children in the UK living with a life-limiting condition.

In the UK, there are 54 children's hospices dedicated to caring for seriously ill children and their families. However, these hospices face a funding shortfall and rely heavily on donations to fund their lifeline care. By taking on the challenge of completing 99,000 steps in a week, you can join us in our mission to be there for children's hospices. Your support will help ensure that these vital services remain accessible for families today, tomorrow, and in the future.



Oscar with mum,
Adelaide, at Little
Havens Children's
Hospice

together
for
short
LIVES

Fundraising Top Tips

There are some of our top tips for maximising your online fundraising page. Refer to these tricks of the trade and you'll be reaching your target in no time!

1. Make it personal

Friends and family are much more likely to donate to your page if it's full of you and your personality! Make sure your giving page photograph is of you – it can be serious or silly. Inject some of your style into the page. Inspire donors by talking about you and your reasons for supporting Together for Short Lives.

2. Set the bar high

People often follow suit by donating the kind of amounts they've seen before. Whether it's you donating £10 on the page, or asking your generous friends and family to set a precedent – it'll make a real difference in encouraging others to dig deep.



**Remember,
everyone who
raises £100 will
get a medal!**

3. Keep it up to date

While setting up the online giving page is a huge step, you can't just leave it like that! Update your page with your steps, share pictures of your walks on socials! Let your supporters know that you clocked 10,000 steps on Strava in the pouring rain! Make sure people don't forget that you're out there challenging yourself.



4. Shout about it

Make sure you tell everyone about your challenge. This includes friends, family, colleagues, that one person you have on LinkedIn and you're not quite sure how you became a connection. Message, text, call or chat to as many folks as you can. You could even try getting your name on the local radio or in the papers – be proud of what you're doing and shout about it!

5. Step converter

Convert your daily steps into a suggested donation for your supporters to follow. For example, 18,000 Steps = £18.00.

Fundraising ideas to get you a step ahead of the game

Alongside taking on 99,000 steps, there are plenty of other events and fundraising activities you can take on this Children's Hospice Week. From scavenger hunts to bake sales, there's plenty of activities to make your 99,000 steps challenge an amazing success and go above and beyond the £100 target! Here are a few ideas to get you started:

Sports day

Compete against friends or colleagues in your own mini Olympics. Sporting events could include things like giant jenga or table tennis, or the classics like an egg and spoon or sack race.



Silly socks

Have some fun and raise awareness of Children's Hospice Week 2024 by encouraging your colleagues to don their silliest socks in support of hospices and seriously ill children and families. Ask for a donate to take part!



Perfect picnic

Host a picnic with your friends, family or colleagues. Sell tickets in advance; with a little imagination you can make tasty, fun picnic food from cheap ingredients.



Park run

Get those last minute steps in with a park run in one of 783 locations across the country. Make it fun by wearing fancy dress and asking for sponsorship!



Scavenger hunt

Hold a scavenger hunt in your garden, office or around town. Friends and family can work individual or in teams to find your clues and complete your scavenger hunts. Ask everyone to donate to participate with a prize for the winners!



Dance-a-thon

Host a sponsored dance-a-thon and take your steps, fundraising, and energy through the roof! Get your best Steps playlist out and get grooving all day. Get friends and family involved and have prizes for whoever lasts the longest.



The 99 Team Challenge

Push yourself to your limits with an active challenge in-store. Use the 99,000 steps challenge as your theme by taking on other challenges around 99 or 99,000!

- Why not try and clock 99km on a static bike between customers and colleagues during the day?
- Challenge yourself to do 99 star jumps in a minute?
- Hold a plank for 99 seconds?
- Do 99 squats in a row?
- Eat as many 99 flakes as you can in 99 seconds!

One small step, one huge difference.



£5

Could pay for five children's oxygen masks.

£10

Could pay for a memory box to help families capture precious moments.

£25

Could pay for an art therapy session for a child. Specially trained therapists can help children who may not be able to verbalise their feelings to express themselves through art.

Every step counts for children like Abed

Abed Arabi is a little boy with a big smile.

Abed's condition has not been diagnosed but he has a range of complex health needs, including the fact he cannot walk or talk. He depends on round-the-clock support from parents Jalal and Rita, alongside care and support from East Anglia's Children's Hospices (EACH).

Sister Yafa, 14, who has recently raised money for the hospice herself, said how much her brother loves coming to EACH

"I can't express how kind everyone is,"

"The staff have helped and offered such amazing support, which I know they do for so many other people.

EACH has helped us find activities and opportunities we can do together."

"Abed enjoys music therapy, the sensory room and being in the pool for hydrotherapy. It's the perfect mix.

"Just because he has a disability, he should still be able to enjoy life."



"He's an absolute angel – my favourite person in the world and the best thing in my life."

- Sister, Yafa

Good luck and happy stepping!



Need help?

Please do get in touch with the team on events@togetherforshortlives.org.uk if you need any assistance or for any more fundraising tips and ideas. Thank you so much for your support!

Connect with us!

Your fundraising makes a huge difference, but your awareness raising does too! Don't forget to tag us in any photos on social media, and shout about Together for Short Lives and your challenge too!

#99000Steps2024



@togetherforshortlives



@Tog4ShortLives



@togetherforshortlives



Together for Short Lives

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.

#99000Steps2024

*From
the Together for Short Lives
Stepping team*