

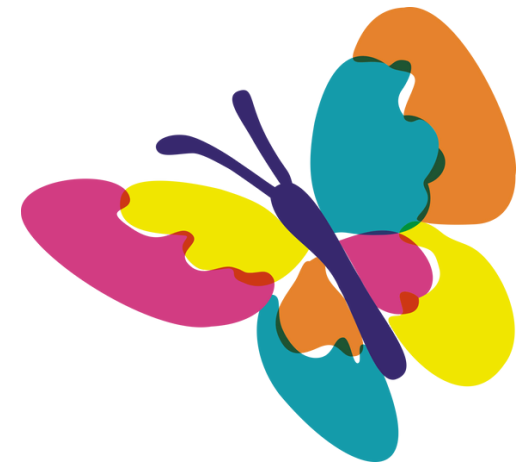


**99,000  
steps**

# **Getting involved**

## **Supporter 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:** 16 - 22 June 2025, Children's Hospice Week
- **Where:** Anywhere! We'll 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, or walking the dog!
- **Target:** The challenge is free to enter, and everyone who raises over £99 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'll make 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](https://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





# Step to it - tips on hitting the target

1

Walk and talk - catch up with friends on a walk instead of over coffee, or host a walking meeting with colleagues.

2

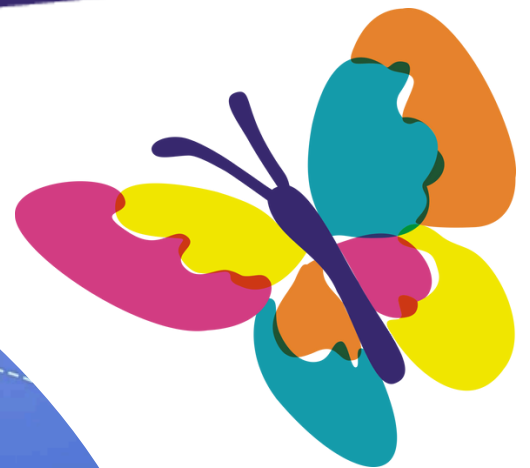
Join a local walking group and explore your local area whilst making new friends.

3

Borrow a dog - offer to walk a neighbour or friends dog and you'll be doing a good deed as well as building up your step count!



We did it!



4

Ditch the commute and put on those walking shoes instead.

5

Dance around your kitchen, join a dance class or hit the town - dancing steps count too!

6

Housework hustle - set a timer for 30 minutes and see how much housework and how many steps you can get done in that time.

7

Turn sofa time into steps by getting up during ad breaks and challenging yourself to complete as many steps as possible before your show resumes.



# Every step counts for families like Gaby's

**Every step and every penny raised will help children like Gaby and the 53 children's hospices who care for them.**

Evita's daughter Gaby was born with half a heart. There is no cure, so her family make the most of every day they have with her.

Derian House has become a lifeline for the family. Their weekly playgroup sessions have given Gaby a chance to make friends with other children, and for Evita, Derian House provides her with a chance to relax, knowing her daughter is safe and having fun.

The family can't travel abroad, so a free week's holiday at the hospice's Lake District lodge meant the world. They spent the time making lasting memories and simply enjoying being together.

**"Gaby may have been born with only half a heart, but we are filling it with the most amount of love a heart can hold."**

Children's hospices are always there for families like Gaby's when they need them, no matter what. Complete the 99,000 Steps Challenge so that children's hospices like Derian House can continue to be there for families like Gaby's.



**Gaby and her family  
in the Lakes**



# Need support?

The Together for Short Lives team is here to help you every step of the way. 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 find some resources on our website or contact us via:



**0117 989 7820**



**[Events@togetherforshortlives.org.uk](mailto:Events@togetherforshortlives.org.uk)**

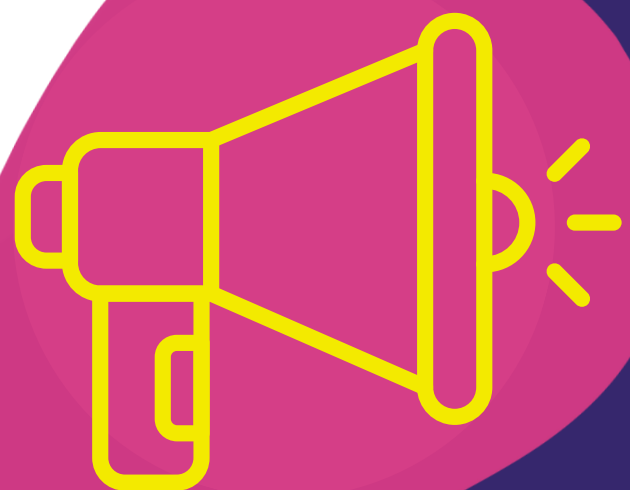


**<https://99000steps.togetherforshortlives.org.uk/resources>**

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 using **#ChildrensHospiceWeek**. Follow us for key updates too, you can find our handles below.



## Spread the word:



**@togetherforshortlives**



**@Tog4ShortLives**



**@togetherforshortlives**



**Together for Short Lives**



**@togetherforshortlives**



# About Together for Short Lives



Seriously ill children and their families deserve the chance to live a full life, supported by care that enables them to thrive.

But for many, it's a lonely and isolating experience. Parents and siblings struggle in a system that doesn't meet their uniquely challenging needs.

That's why we're here – to make sure they can access high-quality children's palliative care, when and where they need it. Step by step, hand in hand, day by day, so that no one has to face living through their child's short life - and death - alone.

**Together we support** families through difficult times, offering lifeline practical, emotional and financial help.

**Together we unite** our sector. We help professionals and services to pool their knowledge and expertise, to deliver outstanding children's palliative care. We raise vital funds for the UK's 53 children's hospices.

**Together we campaign** to make sure that seriously ill children and their families get the care and support they need, when and where they need it. And where the system falls short, we demand change.

**Supporting, uniting, campaigning, together. We are 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.

**#99000stepschallenge**

*From the Together for Short Lives Stepping team*

