

# PUSHED TO THE LIMITS

99,000 STEPS CHALLENGE

## Thank you for taking part in the Pushed to the Limits: 99,000 Steps Challenge!

**20 - 26 June 2022**

Every step you take this Children's Hospice Week represents a child living in the UK with a life-limiting condition. These children and their families are pushed to their limits every day. Every penny you raise by taking on this challenge will ensure that the hospices that support them are not pushed to theirs. This pack has everything you need to help you succeed.

Thank you so much for all your support.



Harry with nurse,  
Debbie, 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 on the [Pushed To The Limits website](#). 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.

## 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 pushing yourself to your limits!

## 4. Share 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.



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

# A-Z of Fundraising Ideas

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 bake sales to come dine with me, 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:

## A

### Auction your skills!

Donate your time and skills. This could be work related duties, a car wash, recipe making or even a freshly baked cake for your colleagues! Anything helps in boosting your fundraising!

## B

### Best tie in the team

Set a date for the biggest and best tie wearing contest. Vote on who has the best and wildest in your meeting or class. Choose an entry fee and winner gets a prize!



## C

### Come dine with me

Host a 'come dine with me' lunch. Everyone brings a dish and gives a donation and explains the recipe. Rate the dishes out of 10 based on presentation and taste.

## D

### Dare to step!

Take on a team step challenge. To get to your 99,000 steps why not walk with your team at lunchtime? Alongside donating to a great cause, you can also feel healthy and fit!



## E

### Empty those pockets

An easy yet great way of lightening the load and giving away some unused change. Donate your coins to your step challenge page... You'll be surprised what you can raise.



## F

### Foreign coins

Do you have any leftover notes from an old holiday? Why not use your foreign currency up, exchange it and donate to Together for Short Lives.

## G

### Guess the baby

Collate baby photos of your team and create a fun team challenge. Charge a fee for entry and ask your colleagues to guess who the baby is. The most correct guesses wins!



## H

### How many?

An oldie but a goodie! Fill a container with your team's favourite sweet treats and guess how many are in there. Donate to guess and the closest guesser gets the sweets as a prize!



## I

### International evenings

Hold a virtual themed evening event. Cook themed meals, have themed zoom backgrounds and wear appropriate clothing. Make a small donation each for a fun filled evening!

## J

### Java giving

Donate your usual coffee expenditure! Donate the price of your morning coffee each day to your fundraising page. Even one less coffee a week could make a huge difference.



## K

### Krispy Kreme!

Krispy Kreme sell doughnuts at a discounted price if they're going to be resold for charity! Get some delivered, sell them to your colleagues or even neighbours at the RRP - donate the difference.

## L

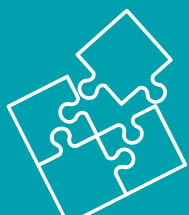
### Lunch and Learn

Do you have a skill you can share, an interesting story to tell, or even a topic you could run a zoom talk on? Give your time and charge others for your knowledge!

## M

### Matching

Why not see if your company will match your total fundraising? It's a great way to get the wider team involved and to use company matching as an incentive.



## N

### Name that teddy!

Simple but effective. Invest in a team teddy bear and give it a secret name. Get colleagues to guess the name of the bear. Winner gets a reward!

## O

### Out of office

Why not set your out of office with a fundraising message. You could link to a just giving page and prompt a small donation, or even to our website to raise awareness.



## P

### Perfect picnic

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

## Q

### Quiz

An online office quiz is always fun and can centre around a range of topics. Get the team together - you could have some fun step-themed questions about famous runners!

## R

### Race!

Challenge yourself to a race... any race! This could be a race around your house or even a half marathon in your back garden - anything to get those steps up and get sponsorship in!



## S

### Sweepstakes

Organise a virtual office sweepstake on who will reach 99,000 steps or raise £100 first across your team. Amp up the friendly competition and raise even more for children's hospices!

## T

### Tea time

Host an afternoon tea and catch up with your team. Simply discuss Together for Short Lives and prompt a giving link at the end. A small donation from all your colleagues will go a long way!



## U

### Unwanted gifts

Raffle or auction off unwanted gifts following your birthday or any celebration. Donate the funds to Together for Short Lives. Very little effort required and it is win win all round.



## V

### Veto

Get sponsored to give up your favourite thing. Are you the team chocolatier or sweetaholic? Are you prepared to test yourself and resist the temptation? Push yourself to your limits!

## W

### World record attempt

Roll two things into one and try to get your name in the spotlight. Choose from a variation of challenges and get sponsors for your efforts.



## X

### X marks the spot!

Put on a treasure hunt round your office - a fun and engaging way for all the team to get their steps up and find little prizes dotted around!

## Y

### You think you can?

Pledge to do something dramatic. A sponsored silence? Pledge to quit smoking? If it's compelling, your colleagues are sure to sponsor.

## Z

### Zero tolerance

Create a zero tolerance policy on swearing or buzz words in team meetings! Make a list of the incriminating words beforehand and their price. Identify culprits and send them to donate online.





# Your donation makes a 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 Haniya

Little Haniya was just like any other baby girl, until mum Shabana noticed she wasn't reaching certain milestones and thought there might be a problem. An MRI scan revealed brain abnormalities that are the result of a rare neurometabolic disorder. Shabana's family were referred to their local children's hospice and found a lifeline in Acorns Children's Hospice.

"When we first heard about Acorns I thought, 'a hospice, no'. It was too early for me at the time. But the nurses saw how hard I was working and knew how much support I was missing out on. I thought it'd be a hospital. But I was shocked to walk in and see carpet on the floor. Everything was nicely decorated. It was like a home."

"I don't know what I'd do without our children's hospice, they're there for me no matter what."



**"Acorns isn't just there for me and Haniya. Acorns is there for all of us."**  
**- Mum Shabana**



# Good luck and happy stepping!



## Need help?

Please do get in touch with the team on [events@togetherforshortlives.org.uk](mailto: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!

**#Pushedtothelimits**  
**#ForTheChildren**



@togetherforshortlives



@Tog4ShortLives



@togetherforshortlives



Together for Short Lives

Thank you for pushing yourself to the limits so children's hospices are not pushed to theirs. 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.

Every step is #ForTheChildren.

*From Courtnee, Jenny and the  
Together for Short Lives Stepping team*