



PUSHED TO THE LIMITS

99,000 STEPS CHALLENGE

Your E-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:** This Children's Hospice Week: 20 - 26 June 2022
- **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.



Will you push yourself to your limits - so that children's hospices are not pushed to theirs?

Why take part?



Team Building

Build relationships by using the challenge to meet friends, family and colleagues locally or at work. Nothing brings colleagues together like raising money for a worthwhile cause and having fun in the process!



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's #ForTheChildren and families facing the unimaginable.

How to get involved

Register as an individual for the challenge via:
pushedtothelimits.org.uk

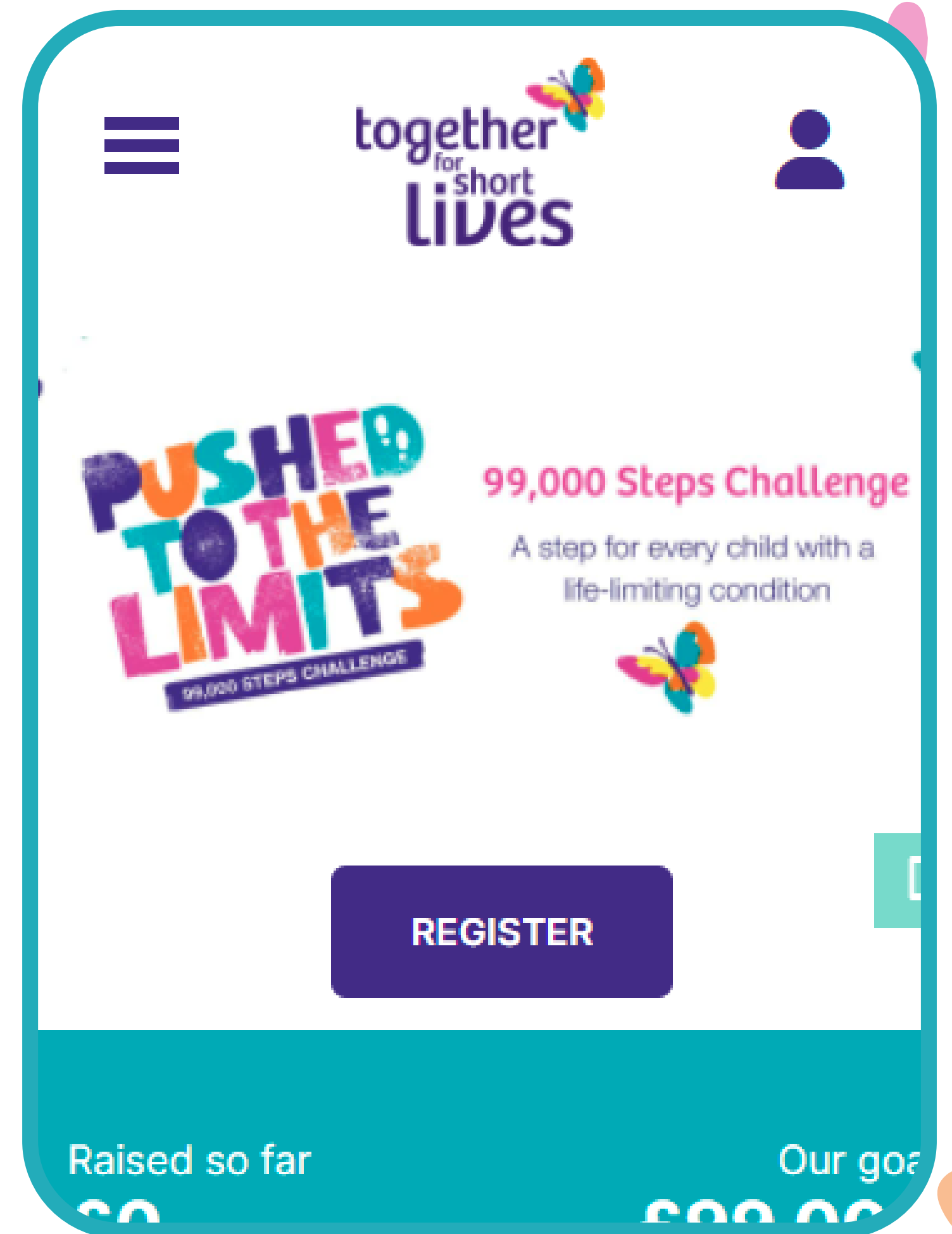
Begin building your step-tacular team. Share our challenge with your family, friends and colleagues

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
[#ForTheChildren](#)

[Click here to register](#)



Step to it

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



Helpful Resources

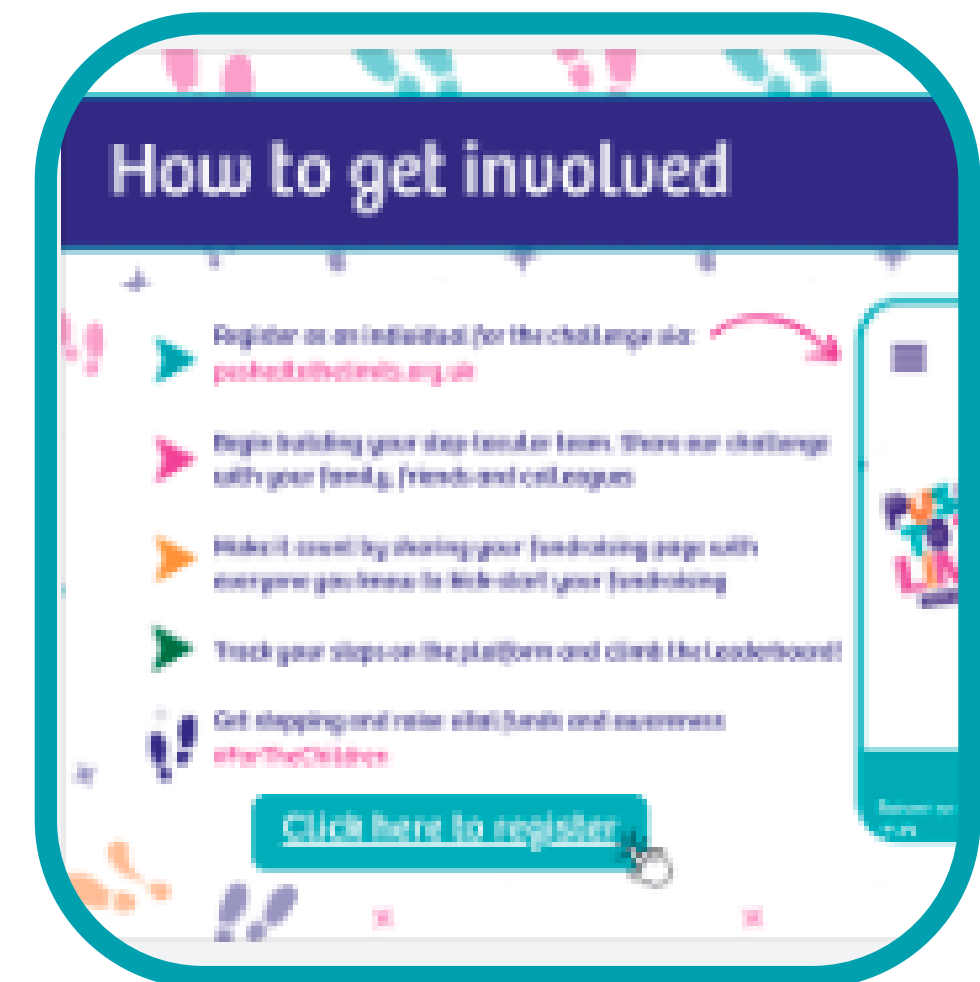
Click the images to download resources to help raise awareness:



Poster



Email Signature



'How to get involved'
Flyer

Every step counts for families like Harry's

"Having a child with very complex needs, you can feel like you are standing on the outside looking in."

13 year old Harry lives in Chelmsford with his mum and two younger sisters, Iris and Florence. In 2010 Harry was diagnosed with Leigh's Syndrome, a type of Mitochondrial Disease that means he is not likely to reach adulthood. The family have been visiting Little Havens Children's Hospice for respite breaks since 2014.

Harry's mum Lucy said, "At the time of being referred to Little Havens, I couldn't get my head around the fact that going to a hospice was going to be a positive experience – how wrong I was! It's a place that is always filled with so much love, laughter and fun, even though every family there is facing the fact that there is no cure for their child's illness.

Their local hospice gives them much-needed time and space to be a family, where everyone understands what it's like to live with uncertainty day after day, and accepts you for who you are. That quality time means the world.

Harry with nurse, Debbie, at Little Havens children's hospice



"Harry is literally the happiest boy I think you will ever meet. Without ever uttering a single word he has taught me more about myself and the world we live in. He has taught me what is important and what's not"

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 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

