



Events Calendar 2020

Make it count for seriously ill children

With fold out selfie milestones
#mymilestones

About us

Together for Short Lives is here to make sure that seriously ill children and their families can make the most of every moment they have together, whether that's for years, months or only hours.



But we can't do this alone. There are 49,000 seriously ill children and young people across the UK, and that number is growing. We want to be there for every single one of them, and you can help us do that.

These families don't have time to waste so get your adrenaline pumping for seriously ill children and their families



@togetherforshortlives



togetherforshortlives



@Tog4ShortLives



Together for Short Lives

Make it your own

If you'd like to support Together for Short Lives but don't want to get sweaty, there's plenty more to choose from. Step out of your comfort zone and challenge yourself to something fun. Whether it's going vegetarian for a month, learning a new skill, overseas treks or even a sponsored silence – there is something for everyone. Create your giving page and we will be there to support you every step of the way with hints, tips and resources for events of all shapes and sizes.



Bake and donate



Challenge yourself

Iona's story

Iona's dad tells us about the incredible support they receive from their local children's hospice and the difference Together for Short Lives makes.

"It all began in the first trimester of my wife Ali's pregnancy. She caught CMV, a common virus that's usually harmless, but can cause problems if a baby contracts it during pregnancy. We didn't discover the extent of the damage until our baby, Iona, was 10 days old.

As Iona grew, we learned more about the complexity of her needs. She's got cerebral palsy and is severely epileptic. As a result, she'll probably have a shorter life. She doesn't walk and doesn't talk, but is alert, and very sociable, always smiling.

It's tough for the whole family and the time we get at Little Bridge House, our local children's hospice is an absolute lifeline.

Iona's 15 now, and she's a huge part of our family, and the choices we make about her care reflect that. But it can be so hard to find the right person to care for her complex needs, and we sometimes end up missing out on the support we need.

That's really where Together for Short Lives comes in. I love that this organisation is a voice for the disabled community, and for families who have children who will have short lives. That's a big thing for me, because it's very difficult for individuals to have that voice, or the energy to have that voice."



Help us to be there for more families like Iona's

Challenge events

15/3/2020	Bath Half Marathon	Run
5/4/2020	Manchester Marathon	Run
26/4/2020	London Marathon	Run
26/4/2020	Kiltwalk Glasgow	Walk
17/5/2020	Parallel Nottingham	Accessible Runs
23/5/2020	EMF 5k	Run
23/5/2020	EMF 10k	Run
24/5/2020	EMF Half Marathon	Run
24/5/2020	Edinburgh Marathon	Run
13/06/2020	Big steps for little feet	Walk
16/8/2020	RideLondon Surrey	Bike
9/9/2020	London to Paris	Bike
11/10/2020	Royal Parks Half	Run
11/10/2020	Manchester Half Marathon	Run

For more information about any of the above events, or any others you might be interested in, please contact the Together for Short Lives events team on 01179 897 825 or email events@togetherforshortlives.org.uk. Details of all our events can be found at www.togetherforshortlives.org.uk/challenge-events.

Support

You will have a dedicated Together for Short Lives representative with you for every step of your fundraising journey. We tailor support, providing fundraising ideas, training plans and personalised resources that will help you reach your goal.

Here's what you can expect:

- 20% off at OTE Sports, our nutrition partner. Products filled with natural ingredients to help keep you fuelled throughout your training.
- Branded Together for Short Lives swim goggles and caps, designed by our fabulous partners Zone3.
- Your own branded technical running, training and fundraising t-shirts.
- Training plans from our trusted partners.
- Ongoing support from your dedicated charity contact who is on hand to help you with anything you might need.
- Resources, guides, ideas and encouragement to fulfil your goal.

Sign up today to receive your fundraising pack and starter kit. For more information please contact **events@togetherforshortlives.org.uk** or visit **www.togetherforshortlives.org.uk**.





Challenge Accepted

I signed up for an event with
Together for Short Lives.



@togetherforshortlives



togetherforshortlives



@Tog4ShortLives



Together for Short Lives



Together for
good days,
tough days and
training days





**One step closer
to my target**



**I've achieved
my goal**

Today I paid in my fundraising to
Together for Short Lives



Total: