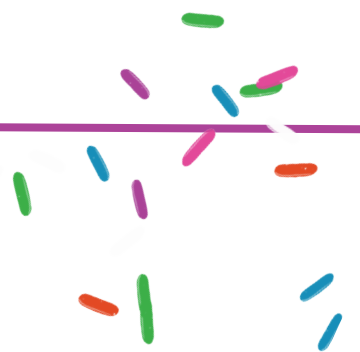


42K Your Way


Children's
Hospital
Foundation



What is 42k Your Way



42k Your Way is a virtual challenge helping you get fit, have fun and raise vital funds for the Children's Hospital Foundation.

Last year, 42k Your Way raised over **\$175,000** to support sick kids across Queensland.

This year we need **YOU** to help us smash this target, and really go the distance for sick kids!

During August, you can choose to walk, run, or roll 42km. You can choose how, when, and where, but we will provide the why.... sick kids!

All the funds raised through 42k Your Way will help sick and injured kids! From providing patient and family support to kids in hospital and funding vital and life changing equipment, to giving a family hope for a better future for their child through ground-breaking research!

You don't have to go the distance alone, 42k Your Way is a great opportunity for you to get your workplace, school, community group, gym or social club involved and together you can work wonders for sick kids and their families.

It's SO simple to set up! Let us show you how!

Signing up... is as easy as 1, 2, 3!

Register (for FREE) as an individual or team at 42kyourway.org.au!



1 You can invite people to join you by sharing your page across your socials, at work or throughout your community.



2 Start TRAINING, SHARING, and ASKING for SUPPORT! We have lots of resources and tools to help promote your fundraising. Please just ask!



3 From August 1, start tracking your kms to go the distance and work wonders for sick kids!

Hint Check with your workplace and see if they have the potential to match your donations!
It's such an easy way to DOUBLE your impact!

How you will make a difference

There are so many wonderful ways to help sick kids. Together we can work wonders for sick kids by funding life-saving medical research, investing in vital new equipment, and providing support and entertainment for children and their families.



Research

Your fundraising will help fund the research that's needed for faster diagnoses, better treatments and ultimately cures for some of the most devastating childhood illnesses and injuries.

\$8.2 million

went into funding research during FY20/21



Equipment

Your fundraising will help us invest in state-of-the-art medical equipment that changes the lives of thousands of sick and injured kids and their families.

\$3.3 million

went into hospital equipment of which \$427,330 supported 20 regional hospitals during FY20/21



Patient and Family Services

Your fundraising will help us support sick kids and their families by providing entertainment programs, the Kidzone playroom, music therapy and bereavement support.

\$1.4 million

was funded into patient and family services at Queensland Children's Hospital facilities state wide FY20/21

Ways to reach your goals



Whether you are going it alone or in a team, it's time to share your fundraising page far and wide!

It's always important to set a goal. Decide on an achievable fundraising goal and make a plan to get the word out. Share your story, tell everyone what, how and why you are doing 42k, share updates of your training or fitness activities, and always include some photos! Everyone loves a good selfie!

In August, make sure to start logging your kilometres and hit 42k!

Here are a few different ideas on how you can complete your 42km

- Walk 1.35km each day for 31 days - start a walking group or opt for a walk at lunch
- Run 10.5km once a week with your colleagues after work
- Roll home on your bike once a week until you hit 42km

The possibilities are endless, but with every kilometre you'll be getting fit, having fun and best of all you be helping sick kids and their families.



42k Your Way



Do it for sick kids like Sofia



In March 2019, when Sofia was nine years old, sore knees prompted a routine X-ray of her legs.

It revealed there was a mass located just above her right knee. Her doctor at Queensland Children's Hospital ordered more tests which sadly revealed the mass was a malignant tumour. She was promptly diagnosed with high-grade osteosarcoma – a type of bone cancer.

One week after the diagnosis, Sofia started chemotherapy. Following four rounds of chemotherapy, Sofia went into the operating theatre in July 2019 to have the tumour on her leg removed using 3D surgical navigation equipment, which was funded by Children's Hospital Foundation donors. The procedure, called a 'rotationplasty', was rare and complex.

A rotationplasty is a partial amputation of the leg, ankle and foot, and subsequent re-attachment of the healthy lower part of the leg, ankle, and foot to the remaining part of the femur, with the foot rotated 180 degrees.

Sofia returned to normal life and remained in remission for the entirety of 2020.

However, in March 2021, she complained of a pain in her back. An MRI and scan discovered more tumours – Sofia had relapsed aggressively in five different spots. She, once again, began chemotherapy and radiation again for more than six months, when doctors advised it was potentially dangerous to continue any further chemotherapy due to Sofia's size and age. She continued with a maintenance phase of chemotherapy, which is given via daily oral tablet.

To the marvel of both her treating team and her parents, in December 2021, Sofia underwent another scan which showed no evidence of activity of disease, meaning Sofia is now stable again.

42k Your Way



Do it for sick kids like Flynn



Eight-year-old Flynn from Moreton Bay has had a tough few years, but his troubles won't dull his wonderful smile.

Eight-year-old Flynn from Moreton Bay has had a tough few years, but his troubles won't dull his wonderful smile.

Life changed forever for Flynn and his parents, Ashle and Mitchell, when surgery was recommended to remove a lump on the palm of his hand in March 2020.

When surgeons were unable to remove the lump, as whatever it was had wrapped itself around Flynn's muscles and nerves, a biopsy was taken and sent for testing. A week later, his parents were given the news that Flynn had an extremely rare

cancer called epithelioid sarcoma. Epithelioid sarcoma is a slow-growing type of soft tissue cancer, commonly found in the finger, hand, forearms, lower legs or feet.

Flynn was transferred to Queensland Children's Hospital, where he underwent further tests. Three teams of doctors, including an oncology team, a plastics team and an amputation team met with the family when it was determined that Flynn would have to have his pinkie and ring finger amputated, all the way up to his wrist. He also had a free muscle and skin flap put on to cover the amputation site, so the remainder of his hand and fingers could be preserved. The total surgery time was nine hours.

"We were so nervous and stressed, at the end of the day, we just wanted our little man to be OK and go back to enjoying life like any other eight-year-old," Ashle said. "Flynn has been extremely brave throughout the journey, and he's hasn't once complained about his situation. We have had so much support from friends and family, as well as everyone at the Children's Hospital Foundation who have worked hard to keep a smile on his face."

Thankfully, Flynn is currently doing great and has coped with the surgery very well. He is back to doing all the things he loves like soccer, riding his bike and skateboard, reading joke books and drawing.

Stay Connected!



With the support of generous donations from individuals and corporate organisations the Children's Hospital Foundation is committed to making a difference in the fight against childhood illness and injury so that every child can grow up as happy and healthy as possible.

Click [here](#) to see how your donations work wonders for sick and injured kids.

If you have any questions or need any help to go the distance, please get in touch with our Community Fundraising Team.

Eloise Kimpton and Becky Hughes

✉ fundraise@childrens.org.au ☎ 07 3606 6100

Interested in partnering your business with us? Get in touch!

✉ partnerships@childrens.org.au ☎ 07 3606 6100

42k Your Way

