



42k Your Way

Go the distance for sick kids



Children's
Hospital Foundation



G8 Education^{ltd}
Presenting Partner





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 \$338,111 to support sick kids across Queensland and northern New South Wales. 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 funds raised through 42k Your Way will help the Children's Hospital Foundation fund cutting-edge equipment, vital research and on the ground support for kids with all illnesses, injuries and conditions.

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. Together, we can be the difference every kid deserves.

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



Make a difference in 3 simple steps



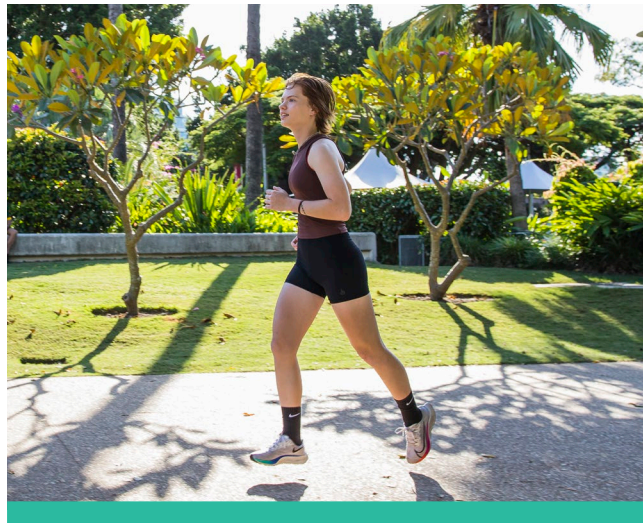
Hint

Check with your workplace and see if there is the potential to match your donations. It's such an easy way to **DOUBLE** your impact!



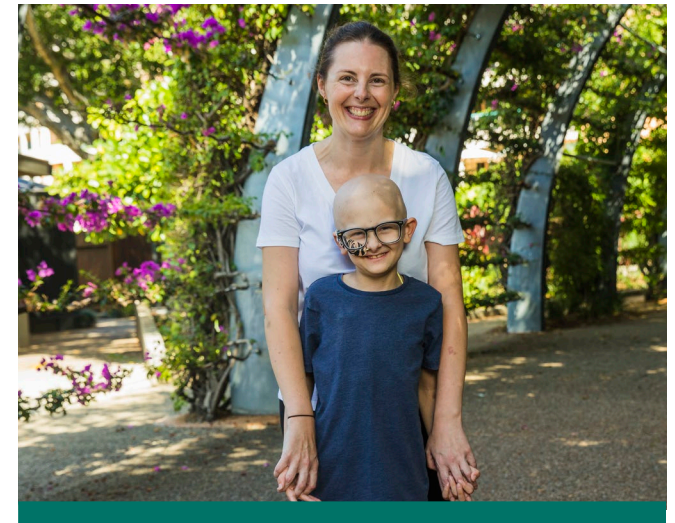
1 Sign up today

Get involved by signing up by yourself, in a team or you might want to register your whole organisation.



2 Start training and fundraising

Get the buzz going by encouraging everyone to start their challenge preparations and share their fundraising page with everyone in their close circles.



3 Make a difference

Celebrate all the collective effort, passion and commitment during August and help Children's Hospital Foundation be the difference every kid deserves.

How you will make a difference

Through fundraising for 42k Your Way, you will help fund:

At the Children's Hospital Foundation, our goal is to achieve the biggest possible impact with your generous donation. We identify and action gaps in funding and support right across the kids' health landscape.

Sometimes these gaps can appear small, filled by acts of kindness or compassion – a helping hand, a knowing smile, a place to play during a hospital stay. Other times these gaps are large, bridged only by championing world-class care and treatment or breakthroughs in research and technology.



Research that's needed to accelerate breakthroughs and champion the delivery of world-class paediatric care.



Equipment to help health professionals support sick kids at Queensland Children's Hospital and across Queensland.



Support for families through the toughest of times with a helping hand, a knowing smile or a place to play during a hospital stay.

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 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!



Hint

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

- **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, making an impact in the lives of sick kids and their families.





Be the difference Mahalia deserves

Hearing the news your child is sick

At just 13 weeks old, Mahalia was diagnosed with a rare condition – Chromosome 22 microduplication syndrome. With this condition being a duplication of chromosomes rather than a deletion, there was very little information available. Being so unpredictable, Mahalia's family were told to take her health day-by-day, and so their journey into the unknown began.

Growing up in hospital

Receiving endless treatments, therapies and ongoing testing for new conditions is life for Mahalia. Her medical needs and behaviour issues are complex and shape day-to-day life for the family.

Having spent the majority of her life in Queensland Children's Hospital, many of Mahalia's most precious milestones – some medical professionals never expected her to hit – have been reached within the wards and in Kidzone.

Watched, encouraged and admired by nurses, doctors and the Children's Hospital Foundation team, who are now considered extended family.

Back home with family

To ensure Mahalia is given the best chance to thrive, doctors will work through a list of possible sub diagnoses – selecting five to six conditions to test for each year. As she grows up, many of her health issues may remain a mystery, but her family are determined for her to live her best life.

Going to hospital is normal for Mahalia, but Kristie is thankful for the Foundation supporting and enhancing every visit.

From Cuddle Carers when she was a baby to her parents accessing nutritious frozen meals following an emergency admission, volunteers at her bedside and play days in Kidzone, Kristie knows the Foundation is with Mahalia every step of the way.



Be the difference Flynn deserves

When life changed for his family

Life changed forever for young 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, a biopsy was taken and sent for testing. A week later, his parents were given the news that no parent wants to hear – Flynn had an extremely rare cancer known as epithelioid sarcoma.

A life saving procedure

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 his 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. Throughout the treatment, Flynn showed extreme bravery – never complaining about his situation or the challenges of losing his fingers.

Life after his nine-hour surgery

Flynn has thrived in the years since his surgery. He is back to doing all the things he loves like soccer, riding his bike and skateboard, reading joke books and drawing. Looking back on their time in hospital, Ashle credits support from friends, family and the Children's Hospital Foundation for keeping a smile on his face despite the challenges.

Stay Connected

With the support of our generous community – people like you – the Children's Hospital Foundation exists for every kid that ever needs us. All illnesses, injuries and conditions – from the suburbs to the cities, rural, regional and remote.

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

Rachel, your coach



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