



Your Workplace Team Guide

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Hi THERE!

Welcome to the Sun Up community! Thank you so much for joining us as we bring together thousands of Australians and companies just like yours to make a huge difference in the lives of children with cancer, and their families.

Every single day 3 children are told they have cancer - every day those children and their families get up and face unbelievable challenges from packing up their life to move closer to treatment, to seemingly endless tests and treatments.

Redkite is a lifeline for families facing childhood cancer. From helping keep food on the table and lights on at home to counselling support when holding it together feels impossible, Redkite's practical supports are available for families wherever and whenever they need it.

Every dollar you and your team raise this August will help Redkite meet this need.

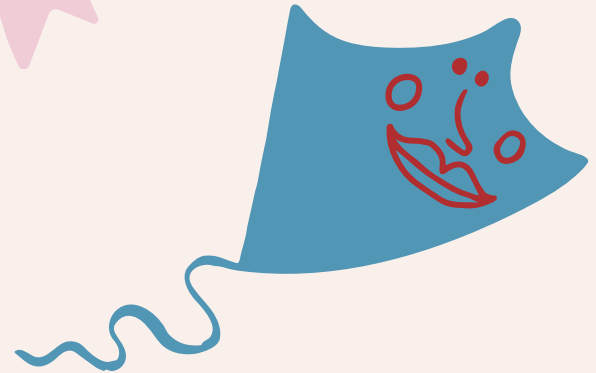
We're here to support you every step of your Sun Up Challenge. In this guide, you'll find handy tips on how to grow your team, get active each day in August, and maximise your impact for families facing childhood cancer.

Keep an eye on your email inbox in the coming days for more helpful tools and inspirational stories on how your support is making a difference.

Thank you again for joining the Sun Up Challenge this year!



Tatiana Isaacs,
General Manager Fundraising



**IT'S A GREAT
WAY FOR YOUR
WORKPLACE TO
BUILD TEAM
SPIRIT, INCREASE
FITNESS, AND
ENCOURAGE A
STRONGER SENSE
OF COMMUNITY
AND CORPORATE
RESPONSIBILITY.**



HOW IT WORKS

It's simple - get up every day in August and move while the Sun's Up - and run, stroll or roll 100km by the end of the month.

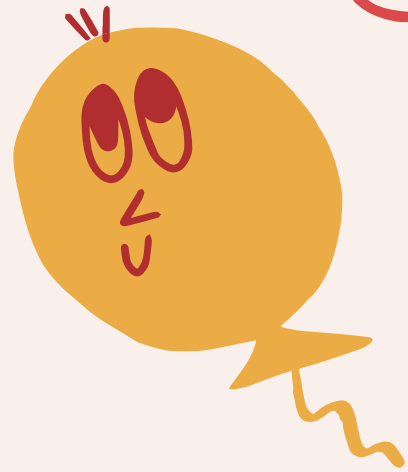
Simply get your team together and sign up at sunupchallenge.org.au; choose the KMs you'll tackle; and get moving throughout August!

Ready to get up and show your support for children with cancer and their families? Great! Let's get started:

- 1.** Sign up for free at sunupchallenge.org.au. Create a team when you register. (Don't worry if you don't have a full team on board yet - you can add team members at anytime!)
- 2.** Once you're in, you'll have access to your online Sun Up dashboard, with access to emails you can send company wide to recruit team members and posters for your workplace. You can find even more handy resources online here: sunupchallenge.org.au/resources
- 3.** Make a plan to get the team moving this August. Set a goal for each team member to run, roll or stroll. It could be 3km at lunchtime, or scheduling walking meetings around the block to add some distance each day.

GET CREATIVE AND HAVE FUN!

Keep your team motivated with short fun challenges during August (you'll find ideas in your dashboard resources), keep the enthusiasm and conversation in the team going.



YOUR DOLLARS AT WORK



\$200

can keep children in hospital connected to family at home by covering phone costs.

\$500

can cover vital email and phone counselling support for a family no matter where they are.

\$1,000

can pay for household essentials like food and petrol when a single parent has to stop work to look after their child.

\$2,500

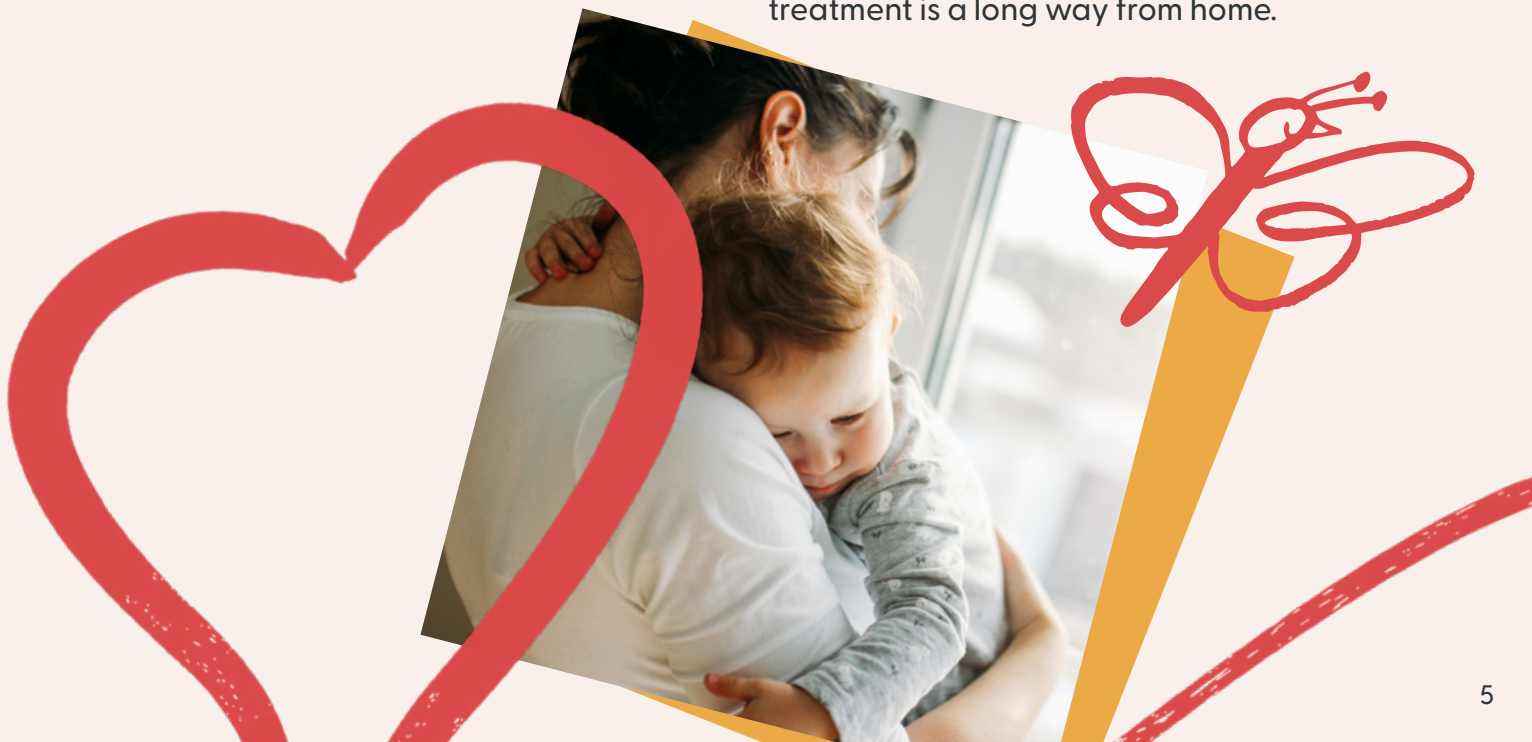
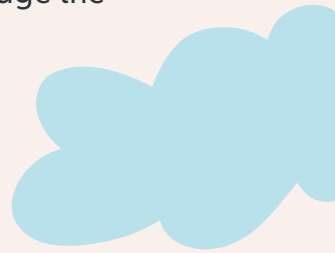
can fund over 50 hours of Redkite Music Therapy to help children manage the pain and stress of treatment.

\$5,000

can give 5 families one year of financial assistance so they can keep the lights on at home while they take time off to care for their child.

\$7,500

can help 4 rural families by giving them phone counselling support, connecting them to other families & helping with travel & accommodation costs when treatment is a long way from home.



HOW YOU'RE HELPING

AT 39 WEEKS PREGNANT WITH HER THIRD CHILD, ANGELA RECEIVED A PHONE CALL FROM HER HUSBAND TELLING HER THAT THEIR SEVEN-YEAR-OLD SON HENRY HAD BEEN DIAGNOSED WITH LEUKAEMIA.



While I was pregnant with our youngest son Bradley, there were a number of things about Henry that weren't adding up. He was getting headaches, and he would come home from school and fall asleep. Then about a month after a minor surgical procedure he just wasn't picking up, so I took him to a local doctor who ordered blood tests.

I was 39 weeks pregnant and ready to give birth.

When Henry's blood came back, we were referred for a bone marrow biopsy at the Women's and Children's Hospital in Adelaide which is 80km from home. Since I was so heavily pregnant and the results might not be the same day, I stayed in Kapunda while my husband, Jack and his mum took Henry to Adelaide.

That night, Jack called to tell me Henry had leukaemia and he would be starting treatment in three days. It was a pretty tough phone call and I certainly wasn't expecting it. I didn't have a worst-case scenario in my mind because I was so focused on having a baby at any moment.

Less than 48 hours after Henry's diagnosis and two days prior to his first hospital treatment, I delivered a baby.

Redkite was there for us from day one when we received a Redkite bag with information and toiletries. We've still got the bag and we use it all the time.

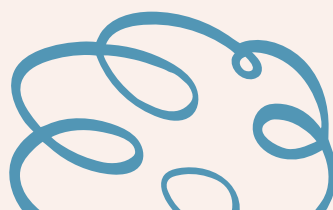
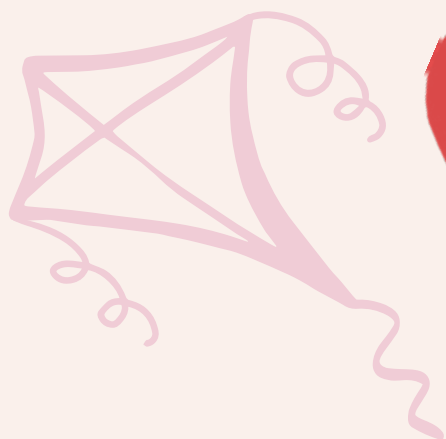
The fuel vouchers were also really good because during Henry's hospital treatment I travelled to and from Adelaide every day. The vouchers made sure there was enough fuel in the car and there was a Coles Express near the hospital.

As our circumstances changed, we received some financial assistance as well because the bills kept coming in. Redkite also helped with the kids' school fees, we used the Book Club to get age-appropriate books to read together, and the Coles vouchers put food on the table.

Henry's been off treatment for almost two years now and he's got his energy back, but he's probably a little flatter than he would have been without three years of chemotherapy. Now, we just need him to follow the rules.

During treatment, we let him eat whatever he wanted for dinner, and we would let him play on the PlayStation all the time. Now he has to eat with the family and put the PlayStation away more often. Getting him to understand that is tricky. When your life has been disrupted, it's not easy to transition back to a 'normal life' where going to school, eating veggies, doing homework and sharing things with your brother and sister is expected.

BY TAKING PART
IN SUN UP,
YOU'RE NOT
ONLY HAVING
FUN AS A
TEAM BUT
YOU'RE HELPING
FAMILIES LIKE
ANGELA'S
HAVE ACCESS
TO ESSENTIAL
SUPPORT WHEN
THEY NEED
IT MOST.



BUILD YOUR TEAM

Ready to get started? Terrific! Here's 5 easy steps to set up and grow your team today.

1.

GET STARTED

Register today at sunupchallenge.org.au as a Team Captain (you can sign up team members at anytime), you'll then have access to your online dashboard with resources to help recruit your team and keep them fundraising.

2.

LEAD THE WAY

Sign up senior executives or the CEO to lead the way or try some internal team competition by setting up multiple teams (marketing vs finance perhaps?)

3.

PLAN AN INTERNAL LAUNCH

Plan a fun internal launch or claim some time in your regular staff meeting that week.

4.

SPREAD THE WORD

Share the news by posting on the intranet, or a company wide email. Decorate the office with posters, and have your Sun Up zoom background ready to go!

5.

REACH OUT

Reach out to your suppliers and customers and encourage them to form their own teams or join yours!

Above all remember that we are here to help, with resources, support and advice - reach out anytime on **1800 733 548**

GROW YOUR iMPACT



Here's some great ways you can come together as a team to take your impact to the next level.

- 1. DOUBLE YOUR iMPACT**
Does your company have a matched giving program, or donations budget that could tip in to help reach your goals?
- 2. SPREAD THE NEWS**
Share your fundraising page with your customers, suppliers and colleagues and invite them to help with a donation.
- 3. GET SOCIAL**
Host a team trivia night (or zoom trivia) with prizes, and charge \$10 a head to join in.
- 4. SHARE A SWEET OR HEALTHY TREAT!**
Put on a morning tea or pizza lunch and ask everyone to kick in a donation to your Team Fundraising page.
- 5. HOW ABOUT?**
...an "I'm/you're on mute" or "pivot" fine jar - that's \$1 for anytime someone says it while in a meeting!
- 6. WORKPLACE RECIPE BOOK**
Grab those foodie colleagues to share their best homemade recipe and charge a small donation for the recipe book!

Remember to end your challenge with a final team celebration in person or on Zoom, with tasty treats on offer and a last donation to smash that goal!



NEED HELP?

HAVE A QUESTION?

Need some extra tips on building your team, fundraising or getting active each day this August? Our coaches are on hand to help and you may find the community in the Facebook group can help too!

1800 733 548

COMMUNITY@REDKITE.ORG.AU

FACEBOOK.COM/GROUPS/SUNUPCOMMUNITY

We'll share more advice and updates via email as the challenge approaches and through the month of August, so watch out for those in your inbox.

