



MEDIA RELEASE

September 2022



Walk, run, or roll for sick kids this November

[Starlight Children's Foundation](#) (Starlight) is challenging Australians to get active and GO BIG in the name of helping sick kids experience a happy childhood this November.

Now in its second year, the Starlight GO BIG Challenge aims to raise \$600,000 to help deliver happiness to over 15,000 seriously ill children across Australia.

The challenge: How far can you walk, run, or roll in 30 days?

Open to individuals and teams of all abilities, participants can choose their own distance, or aim for one of three challenge goals – Big (50km), Bigger (100km), or Biggest (150km). All funds raised will go towards Starlight's vital services including [Captain Starlight](#) and the [Starlight Express Rooms](#).

Every minute of every day, a child is admitted into hospital in Australia. In that moment, they often receive a diagnosis that can change the course of their life and their families lives forever. Suddenly, smiles disappear, and life is filled with hospital, doctors, needles, and pain.

Eleven-year-old Nia Zhu (pictured) has spent half of her life in and out of hospital undergoing treatment for Acute Lymphoblastic Leukemia.

Nia has spent weeks at a time isolated in her hospital room. With no friends or family able to visit during some of Nia's hardest moments, it was up to [Captain Starlight](#) to save the day and transform her hospital and healthcare experience. Dropping by her ward to share a healthy dose of positive distraction, Captain Starlight delivered the fun and laughter Nia was missing and needed.

Thanks to the generosity of Starlight's community fundraisers, Starlight has been able to reach even more sick kids through its hospital services, improving their resilience, confidence, mental health, wellbeing, and overall health outcomes.

Starlight CEO Louise Baxter says, "Starlight has been there for sick kids through the recent challenges. We know there are no fewer seriously ill children & young people in hospital and they need the joy, fun, laughter and connection Starlight brings more than ever.

"Physical activity is a great way to boost your mood, as well as your health. So, the Starlight GO BIG Challenge is a win win... What better way to make sure you're looking after your own health, than to raise funds to help Starlight bring happiness to sick kids while you're doing it?"

WALK RUN ROLL | 1 - 30 November

gobigchallenge.org.au



Fundraisers will be rewarded for their efforts with exclusive merchandise including Starlight GO BIG Challenge socks, belt bag, drink bottle, sports t-shirt, towel, and medal.

The challenge is proudly supported by Go BIG Challenge partners [Brooks](#), [McCain](#) and [Gami Chicken](#). Participants who sign up before November 1 will go into a draw to win a \$1,500 [Brooks](#) voucher.

Registrations will open at gobigchallenge.org.au from September.

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For more information, please contact:

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About Starlight Children's Foundation

Starlight Children's Foundation brightens the lives of seriously ill and hospitalised children and young people by replacing pain, fear and stress with fun, joy, and laughter. Since its establishment in 1988, Starlight has expanded to become the broadest reaching children's charity in Australia and was awarded the number one most reputable children's charity in Reptrak's 2021 Charity Reputation Index. There is now a Starlight Express Room in every major children's hospital across Australia and 176 Captain Starlights nationwide. In 2021, Starlight granted over 300,000 positive Starlight experiences for children, teenagers, and their families and nearly 800,000 Fun with Captain Starlight experiences. This year, Starlight will grant its 12,000th Starlight Wish. www.starlight.org.au

