

ADDENBROOKE'S

1000

CHALLENGE

A white robotic arm is shown from the top right, reaching down and holding a white and blue Nike sneaker with its gripper. The background is a solid blue color.

Buy
Addenbrooke's
a surgical
robot:

The 1000
Challenge

What will you do for the
Addenbrooke's 1000 Challenge?

helpyourhospital.co.uk/1000

act

Addenbrooke's
Charitable Trust

Registered charity number: 1170103

The 1000 Challenge

We've come up with a few ideas that could be great choices for your Addenbrooke's 1000 Challenge. But you're not restricted to these – the only limit is your imagination!

Whatever your challenge, every £1000 raised helps one more patient receive robot-assisted surgery, enabling them to be treated and back home as quickly as possible.

There are so many ways for you to reach your fundraising target.

Get creative or choose your challenge from our ideas below:

- Get sponsored to walk 1000 steps in your lunch hour
- Give up something for 1000 hours (42 days)
- Write a 1000 word story or create a series of 100 word poems
- Draw out '1000' artwork while walking or running on Strava
- Sponsored silence for 1000 seconds (or even minutes!)
- Build something with 1000 Lego bricks
- 1000 hops on a pogo stick | climb 1000 stairs
| 1000 football keepie uppies | 1000 skips



As a team, you could:

- Pick up 1000 pieces of rubbish
- Cover 1000 km – walking, running, cycling – it's up to you
- Start a 1000 minute gaming stream
- Raise £1000 from your monthly cake sales
- Hosting a golf day? Can a team of ten of you get a hole in one in 100 shots?



What can you do 1000 times? To register for the 1000 Challenge, go to helpyourhospital.co.uk/1000

