

10k Your Way

ideas for communities



World Cerebral Palsy Day | 6 October

World Cerebral Palsy Day

World Cerebral Palsy Day is a global movement that celebrates both people with cerebral palsy and their allies, working to create a more inclusive world.

Every year on October 6, people in over 100 countries come together to raise awareness, share their stories, and call for meaningful action.

World CP Day is not just about raising awareness, it's about taking and inspiring action. We want to make sure our stories and needs are seen by decision-makers and communities everywhere. When our reality is truly seen, real change is possible



World Cerebral
Palsy Day OCT 6

CP Facts

There are an estimated **50 million*** people with cerebral palsy globally, and an estimated **350 million** parents, caregivers and family members directly affected.

Caring for a child with a disability takes a toll on families, leading to poorer health, lower income, and reduced workforce participation.

As child mortality declines, the number of children living with disabilities, including cerebral palsy, is rising, creating increasing pressure on health, education, and social support systems.



10k Your Way

This year, we're celebrating the estimated 10,000 people living with cerebral palsy in Scotland by inviting you to take on 10K Your Way, a challenge that's all about doing 10K in a way that works for you.

There's no right way to take part. You could:

- Walk, run, cycle or roll 10km
- Take 10,000 steps
- Take on a 10,000 second challenge
- Find your own unique way to make 10K yours

Whether you're taking part solo, getting your friends and family involved, or bringing your workplace together, we want you to challenge yourself, have fun and celebrate the 10,000 people with cerebral palsy in Scotland.

Your challenge. Your way.



Ideas

Activities and challenges for individuals and families.



1. 10km your way

- Come up with your own unique way to complete a 10km distance challenge.



2. Collect donations

Collect donations in your school or community group we'll send you a collection box!



3. Quiz night

Hold a 10k-themed quiz night, £10 per team to enter, with the winner taking half.



4. Digital detox

Commit to reducing time spent scrolling by 10k seconds or minutes.



5. Hold a bake sale

Minute-to-win-it style office challenges with colleagues competing individually or in teams to score points and win



True or False

10k quiz questions

Teams get a point for correctly identifying whether the facts below are True or False

Questions 1 - 10

- 1 Project Gutenberg was originally established with the goal of making 10,000 books available to the public for little or no cost.
- 2 The first person to buy something with Bitcoin paid 10,000 Bitcoin for two pizzas.
- 3 The 10,000 Bitcoin used to buy those two pizzas was worth approximately £10 million at the time.
- 4 The steel used to construct London's Gherkin weighs approximately 10,000 tonnes.
- 5 The famous "10,000 steps a day" target originally came from a Japanese marketing campaign rather than a scientific study.
- 6 **BONUS POINTS:** The number 10,000 was chosen partly because the Japanese character for the number resembles a person walking.
- 7 Scientists have estimated that there are roughly 10,000 described species of bacteria.
- 8 The "10,000-hour rule" says that absolutely anyone can become an expert at anything after exactly 10,000 hours of practice.
- 9 Sheep were being domesticated around 10,000 years ago in the Middle East.
- 10 Domestic cats first appeared around 10,000 years ago, after humans began living in permanent settlements.

True or False

10k quiz questions

Questions 11 - 20

- 11 The earliest direct genetic evidence for domestic dogs dates back exactly 10,000 years.
- 12 Around 10,000 trees were planted at Bathampton Meadows near Bath as part of a recent habitat restoration project.
- 13 The human brain contains approximately 10,000 kilometres of blood vessels.
- 14 The temperature on the surface of the Sun is around 10,000°F.
- 15 The world's largest pumpkin ever recorded weighed more than 10,000 pounds.
- 16 A single teaspoon of healthy soil can contain more than 10,000 individual microorganisms.
- 17 The Eiffel Tower weighs exactly 10,000 tonnes.
- 18 The average human takes exactly 10,000 breaths every day.
- 19 The deepest point in the world's oceans is 10,000 metres below sea level.
- 20 The International Space Station travels more than 10,000 kilometres every hour as it orbits Earth.

Quick view answers

1. TRUE. 2. TRUE. 3. FALSE. 4. TRUE. 5. TRUE. 6. **BONUS POINTS:** TRUE
7. TRUE. 8. FALSE. 9. TRUE. 10. TRUE.

11. FALSE. 12. TRUE. 13. FALSE. 14. TRUE. 15. FALSE. 16. TRUE.
17. FALSE. 18. FALSE. 19. FALSE. 20. TRUE.

Sponsorship Form



Event name:		Email:	
Event date:		Phone:	
Your name:		<i>giftaid it</i> Please tick below if you would like Cerebral Palsy Scotland to reclaim the tax you've paid on this donation. Please read the details and declaration at the bottom of the page. Remember: You must provide your full name, home address, postcode and tick the "Gift Aid" box for us to claim tax back on your donation.	
Address:			
Post code:			

Full name	Address 1 st line	Postcode	Donation	Date paid	Gift Aid?

Declaration:
By ticking the box **Gift Aid** I am confirming that I'm a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.
I understand that Cerebral Palsy Scotland will reclaim 25p of tax on every £1 that I have given.



Staying in touch

Your charity contact

Our experienced fundraising team is here to support you every step of the way, from ideas and planning to making your fundraising goals a reality.

Please get in touch if you need any help or want to order t-shirts and other merchandise.

Rachel Bottomley,
Senior Fundraising Officer

e: getinvolved@cpscot.org.uk

t: 0141 352 5000



We love to see what our supporters are up to so be sure to tag us in any social media posts:



Registered address: Bradbury House, 10 High Craighall Road, Glasgow, G4 9UD

t: [0141 352 5000](tel:01413525000) **e:** info@cpscot.org.uk

w: cerebralpalsyscotland.org.uk