

# 10k Your Way

ideas for workplaces



**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.**



# 10k Ideas

Challenges that work for  
individuals and in teams.



## 1. Step challenge

Complete 10k steps day OR as a team race. Use Strava or Fitbit to track progress and create a leaderboard.



## 2. 10km your way

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



## 3. Pub quiz

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. Minute-to-win-it

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.

cerebral  
palsy  
scotland

Event name:

Email: [REDACTED]

Event date:  

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Cerebral Palsy Scotland is a Scottish Charitable Incorporated Organisation (SCIO)

**Scottish Charity Number** SC022695

**Registered office** Bradbury House, 10 High Craighall Road Glasgow G4 9UD

# 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

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**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:**



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