



**RAISING FUNDS FOR**  
**life's little treasures**  
**foundation**

*Supporting Families of Premature & Sick Babies*



**Health Professionals**



**Little Prens**

# Walk for Prens 2021 Program

**#togetheragainforprens**



**Sponsors**



**Siblings**



**Families**



**Volunteers**



## WHO WE ARE

# Walk for Prems Brings Community Together Again For Prems

**Welcome to the annual Walk for Prems** held to raise awareness for the 48,000 babies born sick or premature in Australia each year.

Now in its 12th year, Walk for Prems is proudly presented by Baby Bunting and is the largest fundraiser for Life's Little Treasures Foundation, Australia's foremost charity dedicated to supporting the families of babies born sick or before 37 weeks gestation.

Due to current Covid-19 restrictions, this year's Walk will follow a hybrid format which includes three physical Walk locations - in Brisbane, Adelaide and Perth - as well as a virtual Walk option for those restricted by location. This format has been designed with a strong emphasis on community safety, to give people freedom and flexibility to participate, regardless of their current situation.

Once again, families, friends and supporters have come together to walk, connect and celebrate, whilst raising money and awareness for families impacted by prematurity.

Regardless of whether participants will be walking in person or virtually, the day will run like previous events with an MC, speeches, entertainment, competitions and prizes thanks to the generosity of the Walk for Prems

partners. A dove ceremony will also take place in remembrance of those families who have lost a child. These activities will occur at each of the physical locations as well as being streamed online for those participating virtually.

**This year's Walk for Prems has only been made possible with support from our Presenting Partner Baby Bunting, Major Sponsors Steelcraft and Haakaa, Sponsor Medela and Friends Oricom, Earlybirds and Web Intelligenz.**

The Board and staff of LLTF thank you wholeheartedly for your support of Walk for Prems. The last twelve months have presented numerous challenges to families, especially for those with premature and sick babies so it is more important than ever to come 'Together Again for Prems'. So on 24 October, let's come together, both physically and virtually, to raise awareness and much-needed funds for families of premature and sick babies.

**Felicia Welstead, CEO & Chriss Mannix, Chair**



Don't forget to share your pics with us using [#walkforprems2021](#) so we can all be part of the day together. PLUS, we have some great prizes you can win for sharing!





## WHAT WE DO

# How Life's Little Treasures Helps Families

Throughout 2020/2021, the foundation has continued to support as many families as possible. This has been despite being limited to deliver our services due to lock downs and restrictions on volunteers.

These services have included ordering digital products, running support events for families through social media, and encouraging families to stay connected - particularly in those early days in the hospital and during the transition to home.

LLTF have also supplied;

- **Financial Assistance packages to 136 families** with a total value of \$30,000
- **Information and resources to 149 hospitals** which included 11,846 Tip sheets, 5,300 NICU/SCN books, 533 Precious Prem packs
- 1,620 breakfast boxes with a **fortnightly Brekkie Bar available in 6 hospitals**
- **99 sessions of 'NICU Connections' Facebook group chat** facilitated by trained peer support volunteers with 1,228 people attending in total
- **2,114 'My Colourful journey' Sibling colouring-in books** for families in hospital and **864 'My Brave Journey' Sibling colouring-in books**, addressing sibling loss.
- **3,214 'Little Bag of Calm' to new parents**
- **12,630 milestone gifts sent to families** in celebration of special occasions (e.g. Mother's Day, Father's Day)

> [Learn more about Life's Little Treasures Foundation](#)



**A Guiding Hand  
for Families  
in Special Care  
Nurseries**

By participating  
in Walk for Prems 2021  
you are assisting  
Life's Little Treasures  
Foundation to continue  
to provide their products  
and services to  
those families in  
need in 2022.

**Coles Group & Myer  
Gift Card**

**walk for  
prems  
2021**

CHECK THE DETAILS...

# Walk for Prems Brings us all 'Together Again For Prems'

Regardless of whether you're walking in your own neighbourhood, your favourite spot or at one of our locations, we are all walking together for Prems. Thanks for being part of it! Have the BEST day.



## Virtual Walk

- 9 am:** Go to [walkforprems.org.au](https://www.walkforprems.org.au) and head to the activities section. There you will find the 'On the Day Activities' page. Keep an eye on socials and get ready for the great events we'll be sharing online!
- 9.30 am:** Welcome speeches
- 9.45 am:** History of Walk for Prems
- 10 am:** Entertainment
- 10.20 am:** Dove Ceremony
- 10.30 am:** 5km Walk start, where we all set off to walk our chosen routes. Please follow the health guidelines currently in place in your local area.

## Adelaide

**Location:** Peace Park, Corner of Sir Edwin Smith Ave & Frome Road, Adelaide

**Arrival time:** 9.30am for 10.30am start

We will be having a dove remembrance ceremony at the commencement of the Walk to remember our little treasures that are now our angels.

**Post walk** there will be plenty of free activities for families including:

- Face-painting • Sausage sizzle and drinks available for purchase
- Live music: Naval Band
- Food/Coffee vans • Animal farm
- Walk for Prems merchandise.

[> DOWNLOAD THE ADELAIDE INFORMATION LETTER](#)

[> DOWNLOAD THE ADELAIDE WALK LOCATION MAP](#)

## Brisbane

**Location:** Arthur Davis Park, Flinders Parade, Sandgate, Brisbane

**Arrival time:** 8.30am for 9.25am start

We will be having a dove remembrance ceremony at the commencement of the Walk to remember our little treasures that are now our angels.

**Post walk** there will be plenty of free activities for families including:

- Face painting • Children's entertainment • Live music
- Food vans • Coffee vans
- Jumping castle • Walk for Prems merchandise • Book signing with Michelle Worthington, author of 'My Brother Tom'.

[> DOWNLOAD THE BRISBANE INFORMATION LETTER](#)

[> DOWNLOAD THE BRISBANE WALK LOCATION MAP](#)

## Perth

**Location:** Burswood Park, Perth

**Arrival time:** 9.30am for 10.30am start

We will be having a dove remembrance ceremony at the commencement of the Walk to remember our little treasures that are now our angels.

**Post walk** there will be plenty of free activities for families including:

- Face-painting • Children's entertainment: Showtime Stars
- Live music: Acoustic duo Brad & Brodie • Food/Coffee vans
- Jumping castle • Walk for Prems merchandise.

[> DOWNLOAD YOUR PERTH INFORMATION LETTER](#)

[> DOWNLOAD THE PERTH WALK LOCATION MAP](#)

[> DOWNLOAD THE PERTH WALK ROUTE MAP](#)



[> Don't miss a thing on Walk day. Join our Walk for Prems Facebook Group here](#)





## A LAST MINUTE CHECK-LIST

### Walk for Prems check list

- ❑ Race bib and letter of instruction
- ❑ An internet connection to access our website to watch the virtual event
- ❑ Walk kms goal on your fundraising page
- ❑ Rad costumes, cool personalised t-shirts, and Walk for Prems merchandise
- ❑ A map of your route (or a gps!)
- ❑ List of Scavenger Hunt items to find
- ❑ A list of competitions you are entering
- ❑ A phone or camera with lots of charge
- ❑ Water, sunscreen, hand-sanitiser, snacks and if required, a mask
- ❑ Walk track list ready to play
- ❑ Following our social accounts to keep up with what's happening across the day
- ❑ Your medal!

Got everything? Walk for Prems 2021 here we come!



Most importantly,  
**have FUN!**

Share your pics with us  
#walkforprems2021

We'd love to  
see them!



## GET THE GEAR...



Get the 2021 T-shirt  
as a memento of  
your walk

### Buy a pack and save

1 x WFP frisbee  
1 x WFP High  
Bounce Ball  
**\$5**

1 x Orange  
LLTF Cap  
1 x WFP 2021  
T-shirt  
**\$30**

1 x Kids LLTF  
Wristband  
1 x Orange  
Bucket Hat  
1 x White Little  
Treasures Kids T-shirt  
**\$20**

2 x Adult  
Face Masks  
2 x Kids  
Face Masks  
**\$18**



Bounce Ball



If you have not  
started fundraising,  
now is the time to  
donate to yourself  
because it will  
encourage others  
to donate too!

WEAR YOUR HEART ON A T-SHIRT, CAP, BAG, BOTTLE, BALL...

## Grab your family Walk Merch!

If you have not ordered these already, make sure you get one as a keepsake of your great day. we have value packs for sale, including fun Kid's Packs to keep them entertained on their Walk and throughout the summer.

> [Order all of your Walk merch here](#)



Wet Dry Bag



Water Bottle

## Maximise your fundraising in 2021

### Here's some tips to help:

1. Personalise your fundraising page. Tell your story! People will love to hear your "why".
2. The night before is the best time to remind everyone that you're a champion taking part in Walk for Prems. Send emails, update your socials, even share a TIK TOK!
3. Take an 'About to Walk' photo to share on your socials as you set off for your 5km, then Celebrate your achievement and post an 'After' photo and share them with a link to donate to your fundraising page.





**BE IN IT TO WIN IT!**

## Win great prizes for walking

So many competitions and so great prizes including 8 Stroller and Bassinet bundles from Steelcraft to win. What will you enter?

> [Get the full list of prizes and how to enter these fantastic comps here](#)

- LUCKY DOOR PRIZE (your race bib number)
- TOP INDIVIDUAL FUNDRAISER OVERALL
- TOP INDIVIDUAL FUNDRAISER (2ND - 8TH PLACE)
- TOP FUNDRAISING TEAM
- HAPPIEST BABY PIC
- BEST TEAM PIC
- BEST VIRTUAL LOCATION
- DONOR PRIZE
- BEST DRESSED
- BEST WFP POSTER DESIGN
- MOST CREATIVE SCAVENGER HUNT

A huge thanks to Walk for Prems Partners Baby Bunting, Steelcraft, Haakaa, Medela, Oricom and Earlybirds.

### Be a WFP Ambassador and WIN!

Become WFP ambassador to help spread the word on social media to encourage others to Walk too. Share pics, your story and links to your fundraising pages to build hype for our BIG day. We have a \$250 Rebel Sport Gift Voucher up for grabs for the most devoted WFP ambassador!



> [Check out our Walk for Prems Facebook Group for all the info](#)



Help encourage as many people as possible to join Walk for Prems. Blast your social, share pics and you'll be in the running to win a \$250 Rebel Sport Gift Voucher!



## MEET OUR FAMILIES...

# Why the Walk is important to our families

Hear from three families on how the Foundation helped them during the pandemic and why they are Walking for Prems this year.

### BABY ARKIE:



Mum, Rosie, says, "Prior to January last year, I'd never heard of the Neonatal Intensive Care Unit, but following the arrival of Arkie at just 28 weeks it became our entire world.

After my membranes prematurely ruptured at just 25 weeks, I spent the next three weeks in hospital trying to hold off labour before I developed Chorioamnionitis and my placenta abrupted at 28 weeks and five days.

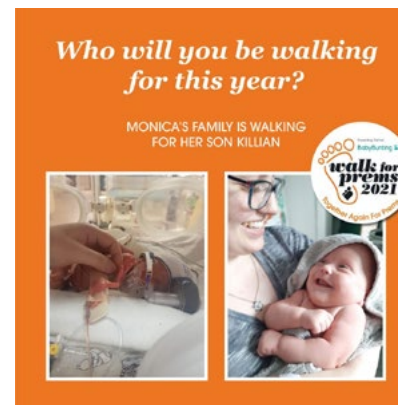
Arkie arrived into the world and was whisked away to the NICU to receive lifesaving care. It would be more

than 24 hours before we were able to hold him and a further 54 days in intensive care before we could bring him home with us. Over those two and a half months, Arkie was intubated, spent close to 5 weeks on CPAP, a further 3 on high flow oxygen, had phototherapy, more blood tests than most of us will have in a lifetime, infusions. Each night I'd wake to an alarm every three hours to pump before I was finally able to start breastfeeding him at 34 weeks.

During our time at Royal North Shore Hospital, we were very fortunate to be supported by Life's Little Treasures Foundation through the breakfast bar and parents' night. The friendships formed over those meals are ones that we will have for life. We participated in the Walk for Prems for the first time last year, raising \$1,810 for families with sick and premature babies just like ours and can't wait to participate again in 2021."

### KILLIAN:

When Killian was born at 26 weeks, weighing only 840g, mum Monica was terrified. "I sat by him every single day of the 83 days he was in the nursery, and it was the hardest and most difficult time of my entire life. It was scary, and we were terrified that if something went negatively with Killian, none of our family would ever get to meet him. Without support from places like LLTF, we would have felt incredibly alone. I'm very grateful for their support."



### THEO AND SKYLAR:

After several attempts at IVF, Rachel fell pregnant with quads when both her implanted embryos split. Sadly, she was told that she'd struggle to carry all four babies to term and had to decide to let two go, a procedure which she faced all alone due to COVID-19.

Doctors suggested Skylar was unlikely to survive, but Rachel and her husband refused to give up hope. It wasn't an easy time, but today Rachel has two happy nine-month olds. Skylar is still on oxygen and feeding tube but, they are doing much better than imagined.

**By participating in Walk for Prems this year, you will be ensuring families like Rosie and Arkie, Monica and Killian and Rachel, Skylar and Theo are not alone on their journey.**

**> Read lots more inspiring family stories from our community on our website here**





## HOW TO CONTACT US

# Join our community

Life's Little Treasures Foundation,  
1/21 Eugene Terrace, Ringwood, VIC 3134  
Phone: 1300 MYPREMMIE / 1300 697 736  
Email: [contact\\_us@lifeslittletreasures.org.au](mailto:contact_us@lifeslittletreasures.org.au)  
[www.lifeslittletreasures.org.au](http://www.lifeslittletreasures.org.au)

 [facebook.com/lifeslittletreasuresfoundation](https://facebook.com/lifeslittletreasuresfoundation)

 [instagram.com/lltfoz](https://instagram.com/lltfoz)



life's little treasures  
foundation

*Supporting Families of Premature & Sick Babies*



"Be faithful in  
small things  
because it is  
in them that your  
strength lies."

MOTHER TERESA



### Corporate Partnerships / Fundraising / Donations

If you would like to discuss partnership opportunities, fundraising or major donations to LLTF contact:

**Adriana Gomberg,**  
National Partnerships Manager  
t: 0432 903 790  
e: [Adriana.Gomberg@lifeslittletreasures.org.au](mailto:Adriana.Gomberg@lifeslittletreasures.org.au)

### Hospital / Community Services Enquiry

If you are a Hospital or Health Care Professional and would like to know more about our products and services for families, contact:

**Karen Peters**  
Products and Services Manager  
t: 0466 406 751  
e: [karen.peters@lifeslittletreasures.org.au](mailto:karen.peters@lifeslittletreasures.org.au)

### Media Enquiries

If you are looking for further information for a media story or interview, please contact:

**Life's Little Treasures, Head Office**  
t: 1300 697 736  
e: [contact\\_us@lifeslittletreasures.org.au](mailto:contact_us@lifeslittletreasures.org.au)

Thank you from the bottom of our hearts

We couldn't do this without the generous support of these incredible partners:

Presenting Partner:

BabyBunting 



Major  
Sponsors:

 **Steelcraft**<sup>®</sup>

**haakaa**<sup>®</sup>

Sponsor:

**medela**   
THE SCIENCE OF CARE™

Friends:

**oricom**<sup>®</sup>



Not forgetting  
all of you legends  
who have joined us  
this year. Your passion  
and commitment is  
incredible. Thanks  
for being part of our  
community.

#familieshelpingfamilies #togetheragainforprens #walkforprens2021