

300,000 Steps in November

Bliss
for babies born
premature or sick

Use the circles to write in your daily step count so you can see what an amazing job you are doing for the 300 babies admitted to neonatal care every day in the UK.

Remember to tag [@BlissCharity](#) and use [#StepsForBliss](#) if you are sharing photos or videos on social media.

Registered with
FR FUNDRAISING
REGULATOR

Start here

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5 *Invite your friends to join your Facebook fundraiser.*

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10 *Share your progress on the #StepsForBliss Facebook group.*

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12 *For every 13 babies born in the UK, one baby is born premature.*

13 *Need help with your fundraising? Just ask on the Facebook group!*

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17 **World Prematurity Day**

18 *Way to go! You're doing amazing.*

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23 *17 November is World Prematurity Day! A global day to raise awareness of premature birth and its impact.*

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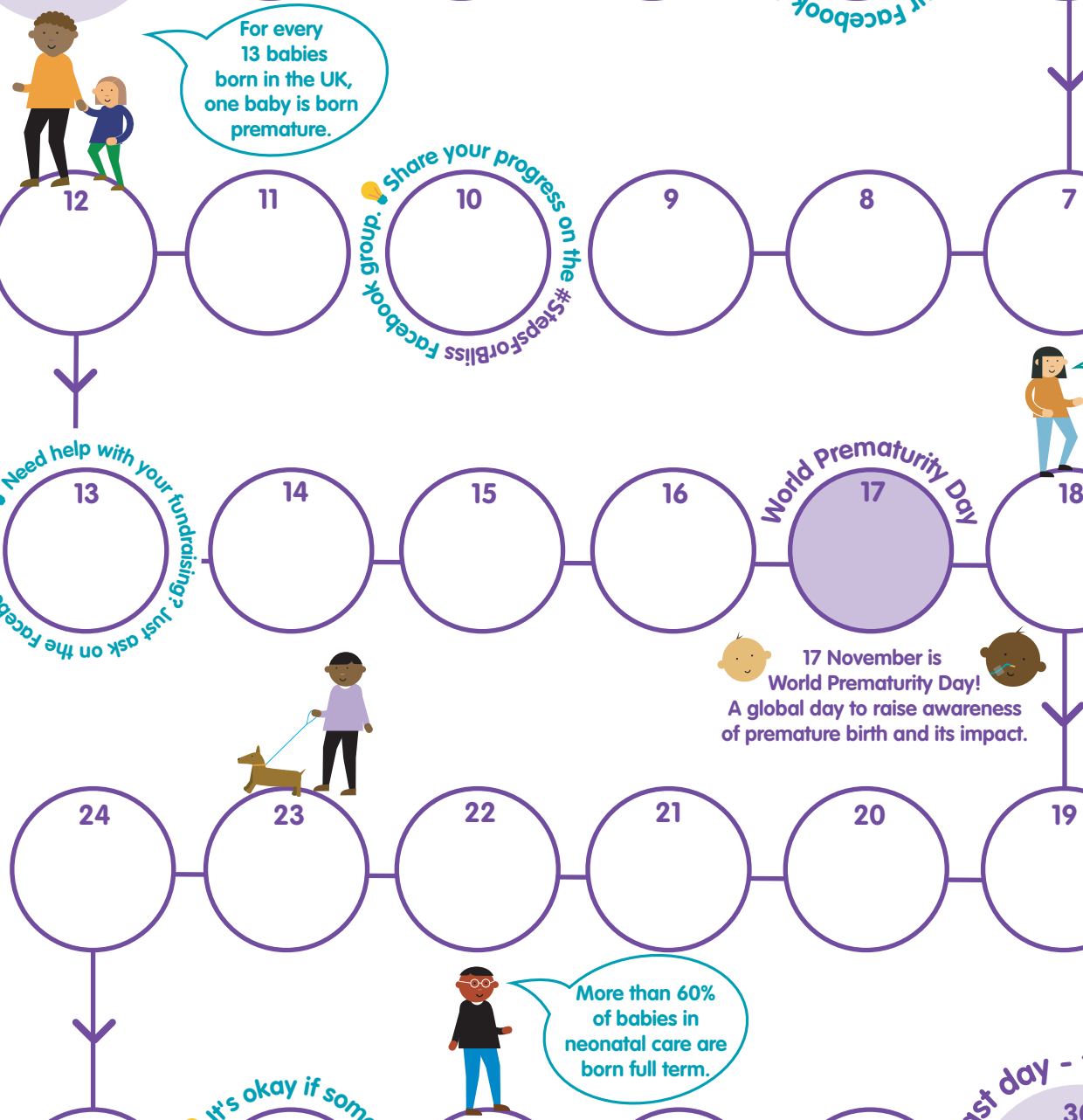
26 *It's okay if some days you do more steps than others.*

27 *More than 60% of babies in neonatal care are born full term.*

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30 **Last day - finish strong!**



Registered charity no. 1002973 Scottish registered charity SC040878

**Total steps
in November:**

Well done! You've stepped up for babies in neonatal care.
If you have any questions, please contact events@bliss.org.uk.