

Keepy Uppy Challenge St Elizabeth Hospice

To mark the 2026 FIFA World Cup and 60 years since England last won the tournament in 1966, we are inviting schools and community groups to take part in the Keepy Uppy Challenge and help support local hospice care.

St Elizabeth Hospice provides specialist care for people living with progressive and life-limiting illnesses. We also support local children and families who are facing grief, bereavement, and serious family illness through our LivingGrief and 565 Services.

What is the Keepy Uppy Challenge?

A Keepy Uppy challenge involves keeping a ball in the air using your feet, knees or head without letting it touch the ground. It is a simple, active way to encourage movement, coordination and teamwork, and can be adapted for different ages and abilities. It is a fun activity for schools, youth groups and families, whether during the World Cup season or over the school holidays.

How can my class or group get involved?

The Keepy Uppy Challenge is designed to be fun, accessible and inclusive for children and young people of all ages and abilities. There are lots of ways to take part, so you can choose the option that works best for your class, group or school.

- How many keepy uppies can you do in 60 seconds?
- Can your class complete 60 keepy uppies together?
- Can one participant complete 60 keepy uppies?
- Can your class raise £60?
- Can your school reach 1,966 keepy uppies this summer?
- Can your school raise £600 for local hospice care this summer?

It is free to take part in the Keepy Uppy Challenge. We do, however, ask each individual, class, group or year group to aim to raise at least £60 to help support local families receiving hospice care. Set your own challenge using the suggestions above then ask friends and families to sponsor you using a JustGiving page.



Reg. Charity No. 289154

Keepy Uppy Challenge organiser checklist

- Choose which Keepy Uppy Challenge you would like to run.
- Set the date, time and location.
- Set up your JustGiving page for the Keepy Uppy Challenge.
- Share the Keepy Uppy Challenge JPEG on your parent communication platform, along with a link to your fundraising page.
- Help spread the word with pupils, families and your wider community.
- Film a short video of your challenge to share with St Elizabeth Hospice.

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Grace's Hospice story

Dad received support from St Elizabeth Hospice until his death from cancer, just a day after my 18th birthday. The hospice team were brilliant – not just to him, but to our whole family.

He was really concerned about me and wanted to make sure I was okay. Together with the hospice team, we agreed that I would meet with the 565 Service to learn more about how they could help.

They made me feel comfortable and gave me a safe space to express myself without judgment – to say whatever I was feeling or had on my mind.

After Dad died, having the support of the 565 Service was so important to me. Family and friends were kind and supportive, but having someone outside my close personal network made a real difference. They helped me express myself fully in a way I couldn't with those closest to me, especially as they were experiencing similar grief themselves.



Setting up your JustGiving page

Setting up a JustGiving page is a simple way to collect donations, share progress and keep supporters updated.

When creating your page, select St Elizabeth Hospice as your chosen cause, add your details and personalise the page. All funds raised will be sent directly to the hospice.

Can't take part as a class or Group?

If your class or group is not able to take part directly, please do share the challenge with parents, carers and families. You could send this fundraising pack by email, post it on your parent communication platform, or encourage families to get involved through your social media channels.

Filming your Keepy Uppy Challenge

We would love to share your Keepy Uppy Challenge on social media. Please post your video on Instagram and submit a collaboration request or tag us @stelizabethhospice

Please make sure you have photo and video consent from everyone featured before sharing. We may use these clips to help promote the Keepy Uppy Challenge across our social media channels.

If you need any further help or support with your Keepy Uppy Challenge, please contact the Community Fundraising Team:

Email:
community.fundraising@stelizabethhospice.org.uk

Telephone:
01473 723600