

# SWIM FOR MYTON

Thank you so much for signing up to take part in The Myton Hospices first ever virtual swim!

A brand new #TeamMyton challenge for 2021. Make a splash by swimming one of our 4 distances, take on our Team Challenge or pick your own distance all to raise vital funds for The Myton Hospices! Complete your swim any time between 1st September and 1st December 2021.

## HAVE YOU CHOSEN YOUR DISTANCE YET?

If you're looking for inspiration, why not take on one of our challenges?

Draycote Water – 8KM = 320 lengths of a 25m pool (Average 24.5 lengths a week\*)



Windermere – 16KM = 640 lengths of a 25m pool (Average 49 lengths a week\*)



The Channel – 34KM = 1360 lengths of a 25m pool (Average 104.3 lengths a week\*)



The Leam – 53KM = 2120 lengths of a 25m pool (Average 163.1 lengths a week\*)



Thames Team Challenge – 346KM = 13840 lengths of a 25m pool  
(Average 1064 lengths a week\*)



Pick your own distance – Choose a distance for yourself and get swimming!



\*over a 13 week period



If you haven't already then please join our Swim for Myton Facebook group [www.facebook.com/groups/sfm2021](http://www.facebook.com/groups/sfm2021). Here you can share your experiences, progress, photos and ask questions of others who are taking part. You can also tag us in your updates on Twitter @TeamMyton and on Instagram @MytonHospices

Don't forget to download and track your progress on your Tracker Chart. Once you've completed your challenge, send a photo of your tracker to [challengeevents@mytonhospice.org](mailto:challengeevents@mytonhospice.org) and we'll send out your certificate!



## FUNDRAISING

We need your help to reach £5,500 in sponsorship! This could fund 220 hours of specialist nursing care so we can support more people with life-limiting illnesses and their families, when they need us most.

Last year, despite the challenges of Covid-19, which limited our ability to offer some of our services, we still supported 1,400 people and their families, in our hospices, via our patient & family support services, and in the community through Myton at Home.

We have to raise £7.8 million of the £10.5 million we need this year to provide our services free of charge. As we continue to recover from the effects of Covid-19 and rebuild our fundraising activities we need your support more than ever.

**Every single penny you raise in sponsorship will really make a big difference. If you're looking for an extra challenge, why not become one of our:**

### Myton Sea Lions

pledge to raise £50 and you will receive a Myton water bottle!



### Myton Stingrays

pledge to raise £150 and you will receive a Myton water bottle and Myton silicone swimming cap!



### Myton Sharks

pledge to raise £500 and you will receive a Myton water bottle, a Myton silicone Swimming cap and a Myton towel.



**The sponsorship money you raise will help to ensure we are there for more people like Kate and her family, when they need us most:**

Kate Miles was able to have some control over her death thanks to The Myton Hospices.

When she was told she had a matter of weeks left to live, she decided she wanted to spend that time at home.

Her children, Steven and Kati, both moved back to their parents' house to care for Kate. She was fiercely independent and wanted to continue to live as normally as possible for as long as she could. As specialist equipment like walking sticks, wheelchairs, toilet seats and even a new bed arrived, Steven and Kati would hide it from their mum and retrieve it only when she decided she needed it.

***Steven said:***

*"It was a difficult journey for her because she used to be a home care manager and this time she was on the other side of the situation. After about two and a half months of caring for mum, we were exhausted and wondering what was going on as we thought we only had a matter of weeks left with her. We were up all night, my sister was literally a nurse.*



*We had lots of support from district nurses and Macmillan nurses.*

*Mum wanted to stay at home until the end but the further along we went, we realised there were things which you have to do which you don't ever imagine having to do for your parent like taking them to the toilet, administering suppositories. One day I told Kati I couldn't cope anymore and phoned Myton because we were so desperate. We had been coping so well until then. Then Myton was there every single day, several times a day. It made it possible for us to keep mum at home right up until the end. When the Myton at Home team came in it was about care, but one of the nurses, Maddy, would also do mum's nails and she really looked forward to that."*

*Myton enabled Kate to feel in control of her death. And for her family, the most important thing was that they had no regrets, and nothing left unsaid once they found out there time together was limited.*

*When we found out mum was dying, Kati and I planned out what we wanted and to make sure we and mum didn't have any regrets. The whole journey has made me unafraid of death and what happens. Mum got what she wanted by being able to be at home to die."*



## ONLINE FUNDRAISING

Setting up a JustGiving fundraising page is one of the most effective and easy ways of encouraging families, friends and colleagues to sponsor you. By setting up a JustGiving page, you can share your fundraising page via email and on Facebook, Instagram and Twitter as often as you want to.

Having an online fundraising page also means you do not have to physically collect money after the event, plus Gift Aid is automatically calculated and processed.

If you haven't already why not set up your online fundraising page through JustGiving with just a few simple clicks.

Want to find out how to set up a JustGiving page? Please read the document included within the hub.

## GIFT AID

UK tax payers can raise an additional 25% through Gift Aid at no extra cost to themselves. To ensure we can claim Gift Aid we need the full name, home address and post code of your sponsors – and of course don't forget to tick the Gift Aid box!

*giftaid it*

**Good luck with your fundraising! If you need anything, please contact the Events team at [challengeevents@mytonhospice.org](mailto:challengeevents@mytonhospice.org)**

**Thank you!**

**The Myton Events team**



[www.mytonhospice.org/swim](http://www.mytonhospice.org/swim)

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