

Thank you for signing up to this year's Walk for Myton and joining #TeamMyton to celebrate 40 years of The Myton Hospices. All adults who take part will receive a limited edition Myton 40th Anniversary candle, and there will be a surprise gift for children.

This event is a fantastic opportunity to get outside, have a leisurely walk and take in the beauty of the local countryside while raising vital funds and awareness for The Myton Hospices.

This year we have to raise £7.8 million and we are hoping to raise £10,000 from this event to help towards this huge sum. We know this is a big target but with you and your fellow walkers raising sponsorship we are confident we can do it! This money means that we can continue to provide our services free of charge to people living with terminal illnesses, and their families, now and in the future.

You can find route maps and information about fundraising at [mytonhospice.org/walk](https://mytonhospice.org/walk)

For more information please email [events@mytonhospice.org](mailto:events@mytonhospice.org) or call **01926 838891**

Events Team  
[events@mytonhospice.org](mailto:events@mytonhospice.org)  
01926 838891

Please use 07599 752835 should you wish to contact the events team on the day of the event.

Sponsored by

  
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## DID YOU KNOW WE ARE THE ONLY PROVIDER OF INPATIENT BEDS IN COVENTRY AND WARWICKSHIRE?

With your help we are hoping to raise £10,000 from this event, which could fund an inpatient bed for three weeks. With your support we can help more people when they need us most, now and in the future.



**IF YOU RAISE £50 OR MORE YOU WILL RECEIVE A LIMITED EDITION MYTON TERRACOTTA PLANT POT AND FORGET ME NOT SEEDS.**



## WALKING IN MEMORY OF YOUR LOVED ONES

Many people take part in Walk for Myton in memory of someone special who is sadly no longer alive. It's a chance to remember loved ones whilst helping to raise vital funds for us to continue our important work across Coventry and Warwickshire.

You can order one of our In Memory t-shirts to ensure your loved one is with you every step of the way, and you can personalise it with a photo and message on the back. **Please order by Thursday 14th April.**

## FACILITIES

There are toilet facilities available at Warwick Myton Hospice. Refreshments and toilets will be available at Jephson Gardens for all routes, and at Offchurch Village Hall for those completing the 12 mile route.

Water will be available along the routes and at the hospice, but we would ask you to bring or buy a reusable bottle which you can fill up on the route to help keep plastic waste to a minimum.



## IN MEMORY T-SHIRTS

If you haven't already ordered an In Memory t-shirt but would like to, please contact us on [events@mytonhospice.org](mailto:events@mytonhospice.org)  
All t-shirts must be ordered by **Thursday 14th April.**



## MERCHANDISE

We will be selling a range of Myton merchandise on the day including our very cute Myton branded dog bandanas and Myton t-shirts. Don't forget that dogs are more than welcome to take part in Walk for Myton too!



## OUR GIFT TO YOU

All adults who complete their chosen route will be given a limited edition Myton 40th Anniversary candle to celebrate 40 years of The Myton Hospices, and there will be a surprise gift for children.



# YOUR SUPPORT AND FUNDRAISING HELPS US TO MAKE A DIFFERENCE TO PEOPLE LIKE KAREN SKELTON AND HER FAMILY...

**Losing a parent at any age is hard, but at just 18 years old Elizabeth went through the unthinkable after her mum was diagnosed with multiple brain tumours.**

Karen Skelton had already gone through radiotherapy and chemotherapy treatment for spine and lung cancer in 2016. Her doctors were so impressed with how well she had reacted to the treatment, which had reduced the tumour in her spine almost entirely and halved the tumour on her lung, that they took her off the treatment to allow her some recovery time.

Elizabeth and her dad Adrian said Karen had enjoyed Christmas and New Year at home, happy after a year of uncertainty and numerous hospital appointments. But at the start of 2017 Karen had a fall. A trip to hospital revealed she was suffering with a bleed on her brain as a result of the fall, and the family were told scans had found several tumours on her brain.

"It was in the hospice that as a family we decided to raise £12,000"

Adrian and Elizabeth became Karen's carers as her health deteriorated; they had managed to get a specialist bed for Karen to keep her comfortable and safe at home. District nurses visited regularly but after several weeks it was suggested that taking Karen to Coventry Myton Hospice could help relieve the pressure on the family. Both Adrian and Elizabeth admit that at the time they weren't taken with this idea, thinking that Karen going to Myton was sending her away to die.

Elizabeth said: "Myton helped me more than you can imagine, it has been the most difficult thing I have ever had to face but Myton feels like home. It really was so amazing to be there; I was allowed to be her daughter and best friend again, and not be her carer as much. It was beautiful.

"She was my best friend. I confided in her and we did everything together, she knew everything about me. We used to spend every minute together. She helped me with absolutely everything, whenever I needed her. She is the most amazing woman I have ever encountered."

During the 12 days Karen was on the Inpatient Unit, she dipped in and out of consciousness, but Elizabeth and Adrian said that when she was Karen was still able to make them



## *Karen's Story continued...*

laugh. And in the last few days, Myton's staff were able to explain to the family what was happening.

Adrian said: "We were fortunate enough to all be there – our son Jamie, Elizabeth and myself. My sister was at the hospice permanently too; it was all very lovely really. The professionalism of the staff and their knowledge was spot on.

**"It was in the hospice that as a family we decided to raise £12,000 – that number means something to us because Karen was in for 12 days. Going through something so devastating, the fundraising has helped everybody. Karen was the focal point in the family, everyone went to her, and the fundraising has kept everyone busy."**

## EVENT GUIDE



### DATE AND TIME

Sunday 8th May 2022. Set off at your leisure between 8.30am and 10am.

### LOCATION

Walk for Myton starts and ends at our Warwick Myton Hospice (Myton Lane, Warwick, CV34 6PX).

### PRE CHECK-IN

You can beat the crowds and pre check-in on Saturday 7th May from 10am to 1pm at Warwick Myton Hospice. You will also be able to collect your In Memory t-shirts ready to wear for the event.

### CHECK-IN

Check-in will be in a large red gazebo in the front car park at Warwick Myton Hospice. You won't need to bring anything with you to check-in but please let our lovely volunteers know how much sponsorship money you have managed to raise. This is also where you will collect your walker ID; please use a couple of safety pins to attach this to your top or jacket

### PARKING

Parking is available at Warwick School and the car park at Warwick Children's Services on Myton Lane. These locations are just a short walk away and there will be signage and volunteers in fluorescent tabards who will direct you to the hospice. Parking spaces are limited though so if you are able to, please try to car share, walk or use public transport.

## THE ROUTE

**3 mile route:** *Approximately 1 hour*

This is a family friendly walk which will take you along canal paths and through Victoria Park.

**6 mile route:** *Approximately 2 hours*

Following canal paths and taking you through Jephson Gardens, this route provides you with a bit more of a challenge but some worth-while, beautiful views.

**12 mile route:** *Approximately 4 hours*

Challenge yourself with our longest route and enjoy canal paths, the rolling countryside and the picturesque village of Offchurch.

*Route distances are approximate.*

All routes are on a mixture of terrain - canal towpaths, bridleways, public footpaths across fields, country lanes, parks, and general footpaths. Please note that the canal paths vary in width and in certain places can become quite narrow.

The routes will be clearly signposted with fluorescent yellow arrows and there will be volunteer marshals along the way to direct you too.

Please note that the 3 mile and the 6 mile routes are wheelchair and pushchair friendly. The 12 mile route is cross country and includes stiles, meaning it is not suitable for wheelchairs and pushchairs.

