

# THE MYTON HOSPICES SNOWDON FOR SUNRISE



## SUNDAY 18TH JUNE

Thank you for signing up to experience the sunrise over Snowdon whilst raising vital funds for your local hospice.

Welcome to #TeamMyton!

Sponsored by



   @MytonHospices

Registered Charity No. 516287



# SNOWDON FOR SUNRISE

Standing at a staggering 3,560 feet Snowdon is the highest peak in Wales and the second largest in the UK. Your journey will start in the early hours of the morning as we begin our ascent by moonlight aiming to reach the summit by sunrise. Witness the breath-taking views from the peak of the mountain and the spectacular landscapes below as the day grows lighter. Knowing that by taking part you are raising money to help Myton care for our patients and their families!

Our highly experienced mountain leaders will take care of you on the day so that you can enjoy this magical experience. Please note travel to and from Snowdon is not included.

Training walks will be provided in the lead up to the event, and will give you an opportunity to get to know your fellow trekkers.

## Snowdon Trek Facts

**Distance: 9 miles**

**Ascent: 3,199 feet**

**Grade of difficulty – Medium**

**Time: Approximately 6 hours**

**Meeting time – 1.45 am at Llanberis railway station**

## Who can take part

Anyone over the age of 14 (under 18's must be accompanied by an adult taking part). You will require a reasonable level of fitness and no serious health conditions to take part in this challenge. You will be grouped into a team according to your ability.



**Parking:**  
**Llanberis Car Park**  
**LL55 4TD**

# FUNDRAISING

In order to cover the costs of the event and to raise funds to support our patients and their families we ask that you pledge to raise a minimum of £250. We will help you every step of the way with resources and fundraising tips. We also have a dedicated facebook group so that you can meet your fellow participants and share your experiences.

**Have a look at the difference the money you raise will make:**



will fund a patient's meals for a week



will fund a Myton at Home nurse to visit a patient



will fund 10 children's bereavement counselling sessions



will fund an inpatient bed for one day



will fund a patient specific recliner to enable patients to spend time out of bed

## FACEBOOK FUNDRAISING



Please let us know, by emailing the Events Team, if you set up a Fundraiser on Facebook; we receive limited information from Facebook which makes it extremely hard for us to link the donation to your fundraising otherwise.

**01926 838838**  
**events@mytonhospice.org**

# 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. Just scan the QR code below to get started.

Will you make it onto our Wall of Fame? Keep an eye out to see if you are one of our top fundraisers!



**SET UP YOUR PERSONAL FUNDRAISING PAGE IN UNDER 2 MINUTES.**

Please scan the QR code to create your page.

## MATCH FUNDING

These are two words charities love to hear! Many employers offer match funding which means they will match what you have raised (to a certain amount), potentially doubling what you raise for Myton! Why not speak to your employer to find out if this is something they will do?

## GIFT AID

UK taxpayers 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 postcode of your sponsors – and of course, don't forget to tick the Gift Aid box!

*giftaid it*

The difference  
your support  
and sponsorship  
makes

## Adrian's story

Jo and Rochelle's Dad, Adrian, was cared for at Warwick Myton Hospice where he died in February 2022. Here Jo shares their story:

"Dad had been diagnosed with terminal Pancreatic Cancer at the end of November 2021 which seemed especially cruel as he had just started to live his life again after caring for our Mum with Alzheimer's for the last 10 years.

When Dad was first admitted to Myton he hadn't eaten for weeks and was crying in pain, I had never seen him cry before and it was incredibly distressing for everyone. Dad couldn't take any more and had given up.

The transformation when he arrived at Myton was unbelievable, he was still very poorly but the team of doctors and nurses quickly managed to get his pain under control, he was able to eat and he was my Dad again. Friends, family and his precious pets could visit and after a week he was well enough to go home.

It wasn't long until Dad was begging to go back to Myton and the relief for us all when he was readmitted was immense, we felt so lucky to be back in this special place where we all felt safe and knew we would be well looked after. Dad turned to me and said "I'm back home" – I thought he was confused and tried to explain we were at the Hospice, "I know he said, this is my home now, this is where I want to be to die."

Me and my sister Rochelle live in Essex and Teesside respectively, and we were able to stay with him at Myton for two weeks, we slept by his bedside and ate meals with him. Dad had five dogs who were his world and we had managed to rehome four of them but the youngest Izzy was yet to find a home and it meant so much to Dad that he could have her with him at Myton.



Adrian and his family

Initially I had thought I could keep Izzy but quickly realised it was going to be too much to juggle with working full time, visiting Mum in a local care home and caring for my disabled twins. I was wracked with guilt and didn't want to let Dad down. One day I was telling one of the Nursing Assistants, Edna, and she said she would take her. We couldn't quite believe it and Dad was so happy knowing his treasured dog would be going to live with one of his favourite Myton nurses.

Dad wasn't particularly religious but after talking to one of the chaplains at Myton, Rosie, he decided he would like to be baptised by her and afterwards he said he was ready to go to heaven. I wasn't ready at all and was in complete denial but we were with him until the end and once again the nurses were there for us all. After he died when we went back in to his room they had laid flowers by his head on the bed and he looked so peaceful. We gained so much comfort knowing they cared so deeply.

Dad died on 18th February 2022 and the next day we received an Amazon order. I opened the package and inside were 50 brightly coloured pens, each inscribed with the words "Thank you for being Amazing!" I immediately knew that he had ordered them for the Myton nurses, having shared many a joke with them about dropping their pens and not having one to hand.

We can never thank Myton enough for all they did for Dad and for us as a family."

**We hope that you're feeling inspired to raise as much sponsorship as possible, so we can support more people like Adrian and her family when they need us most, now and in the future.**