



SUNRISE CHALLENGES

WELCOME PACK

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

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 breath-taking views from the peak of the mountains and the spectacular landscapes below as the day grows lighter, knowing that by taking part you are raising money to help The Myton Hospices care for 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.

Welcome to #TeamMyton!

Event Information - Scafell Pike



**EXPERIENCE THE SUNRISE OVER SCAFELL PIKE
AS YOU CLIMB TO THE SUMMIT BY MOONLIGHT.**

Scafell Pike Facts

- Highest mountain in England at 3,209 ft
- Summit Boulder Field
- Route from Wasdale Head is part of the National 3 Peaks challenge
- Grade of Difficulty: Medium

On the day.....

- 01:30 Meet the Myton Team at the Village Green Car Park (CA20 1EX)
- 02:00 Commence climb on Scafell Pike
- 05:00 Groups start to arrive at Summit. Enjoy the sunrise views from the summit
- 05:30 Groups start descent back to Wasdale Head
- 08:00 Groups arrives at the Village Green Car Park (CA20 1EX)



Training

The training walk will take place on Sunday 14th April 2024.



Parking:

is available at Village Green (CA20 1EX)

Event Information - Snowdon



EXPERIENCE THE SUNRISE OVER SNOWDON AS YOU CLIMB TO THE SUMMIT BY MOONLIGHT.

Snowdon Facts.....

- 9 miles distance
- 3,199 ft ascent
- 6-hour duration
- Grade of Difficulty: Medium

On the day.....

- 03:00 Meet Sky Blue Adventures Team at Llanberis Community Centre
- 04:00 After a team briefing commence climb on the Llanberis Path
- 07.00 Reach Snowdon Summit and enjoy the views from the Summit Café
- 07:30 Start descent down the Llanberis Path
- 10:00 Arrive in Llanberis and finish challenge



Training

The training walk will take place on Sunday 21st July 2024.



Parking:

is available at Dolbadarn Castle Parc Padarn Car Park, Caernarfon LL55 4TY

The difference your support and sponsorship makes

Becky's story



Becky Hegarty was diagnosed with metastatic colon cancer and was cared for by The Myton Hospices in her last months.

Becky's friend, Carla, stepdaughter, Mia, and niece, Lydia took on the unforgettable experience of climbing Mount Snowdon by moonlight, all in memory of Becky.

As a district nurse in the area, Myton plays a big part in Mia's job and she has always known of the incredible work done for the local community. It wasn't until Becky's diagnosis that she experienced Myton first hand.

She said:

"I've always heard what an amazing place it is and how much comfort it gives to people at a time they need it most.

"But sadly I had to witness and experience this first hand last year when my step mum was admitted for symptom control during her illness.

"Myton cared for my step mum and provided her with a safe, calming setting whilst they managed some of her symptoms.

"During this time, Myton even made her wish come true by facilitating her wedding to my dad!"

Mia looks back at her experience with Myton with bitter sweet emotions, adding:

"Although the thought of Myton brings back the worst time in our lives as a family, I'm also thankful for the care they provided and the comfort they gave my step mum, making sure she was as symptom free as possible."

Carla, Becky's friend, added:

"When she was very poorly, Myton allowed Becky to get

home to her beloved husband, Andrew, son, Daniel and Blossom, the family dog!"

Together, a group of over 15 people, including Andrew, Daniel and Becky's brother Michael, took on the challenge of climbing Snowdon, raising over £4,500 – an absolutely exceptional amount!

Mia said:

"Snowdon was completely out of my comfort zone and something I would never dream I could accomplish. But my step mum loved the outdoors, going on adventures, and everything about Wales, so this was the most amazing thing to do in her memory and I am sure she was screaming and cheering us all on when we made it to the top! It was amazing to experience this with so many people she loved."

Carla commented on their challenge, saying:

"We wanted to do something in memory of Becky and her fight against such a horrible illness. She was brave and strong right until the very end and we wanted to be able to show her how amazing we all think she was.

"And of course we wanted to support the amazing staff at Myton for the work they do every single day. They are real life superheroes!

"Climbing Snowdon as a team and knowing the laugh Becky would have had watching us makes it all worth it!"

Her niece, Lydia, added:

"At first I was having doubts. But this is one of my biggest achievements and it's all in memory of Becky!"

With your sponsorship and fundraising we can help more people like Becky and her loved ones when they need us most, now and in the future.



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 2 hours of specialist nursing care in our hospice



will fund a patient's meals for a week



will fund 10 children's bereavement counselling sessions



will fund our Myton at Home service for one day



will fund an inpatient bed for one day



will fund the running cost of our Rugby Myton Support Hub for one week

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

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