

SWIM FOR MYTON

THANK YOU FOR SIGNING UP

To take on our #TeamMyton challenge and Swim for Myton!

Make a splash this Autumn by choosing to swim one of our 4 distances, take on our Team Challenge, or pick your own distance all to raise vital funds for The Myton Hospices!

From 1st September to 1st December, complete your chosen distance and raise as much sponsorship as possible to help ensure we can continue to support patients and their families when they need us most, now and in the future.

Whether you are just starting out on your swimming journey or you are a strong swimmer, you can choose one of our distances to suit you:

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)



Alternatively you can simply pick your own distance and get swimming!



If you haven't already then please join our Swim for Myton Facebook group www.facebook.com/groups/sfm2023 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

You can track your progress online on your enthuse page or alternatively 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 and we'll send out your certificate and medal!



FUNDRAISING

We need your help to reach £7,500 in sponsorship! This could fund 270 hours of specialist nursing care so we can support more people living with terminal illnesses and their families, when they need us most.

Last year, we supported over 1,700 people and their families, in our hospices, via our patient & family support services, and in the community through Myton at Home.

We care for people living with a wide range of terminal illnesses including Respiratory conditions, Heart conditions, Cancer, Organ failure and Neurological conditions.

We have to raise £10.5 million of the £13.25 million we need this year to continue providing our services free of charge.

We rely on donations and support from people like you!

**WITH YOUR SUPPORT WE ARE HOPING TO RAISE
£7,500 IN SPONSORSHIP FROM THIS EVENT**

Make a pledge to fundraise and you will receive one of the following when you hit that milestone:

TEAM 100
pledge to raise £100
and you will receive a
Swim for Myton T-shirt!



TEAM 250
pledge to raise £250
and you will receive
a Swim for Myton
T-shirt and Silicone
Swimming cap!



TEAM 500
pledge to raise £500
and you will receive a
Swim for Myton T-shirt,
a Myton silicone
Swimming Cap and a
Myton towel!



Unless you have pledged to raise a certain amount for one of our fundraising incentives, you do not have a sponsorship target, we just ask that you raise as much as possible. Your registration fee covers our costs but it is your sponsorship that makes the difference to our patients and their families.

**To reach our target of £7500,
we rely entirely on you raising sponsorship.**

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



will fund a patient's
meals for one day



covers the cost of
one hour's specialist
nursing care



will fund a patient
to attend a
physiotherapy session



would fund a
Respite bed for
one day



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



covers the cost of
Wellbeing Services
support for one
patient

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

The sponsorship money you raise will help to ensure we are there for more people like Catherine and Claire, when they need us most.

Being Catherine's only child, daughter Claire Kime devoted her life to support her mother during her last few weeks and felt the Myton at Home team was invaluable.

Catherine Kime was diagnosed with secondary breast cancer in 2018 and found it had spread to her lungs. Catherine's health declined drastically in February 2023, after going through five courses of chemotherapy,

Claire said:

"I live just around the corner from my mum, and as her only child, it fell upon me to ensure she was safe, comfortable and happy at home. But her condition kept changing. It was getting worse day by day.

"I was getting desperate. I had moved in to her house and was becoming her full-time carer. I just felt so out of my depth. That's when Myton at Home came in."

Myton at Home nurses went to Catherine three times a day for three days.

Claire added: "The Myton at Home nurses were incredible. Absolute perfection. They would help with mum's personal care, such as toileting, which preserved her dignity. It also preserved our mother-daughter relationship which I'm sincerely grateful for.

"At one point, mum was suffering with quite bad constipation and was in a lot of agony. Luckily for her, the nurses arrived within half an hour of the pain starting, but when they left after an hour, she was a completely different person.

"I remember that night fondly as I was sat on her bed with a drink and we were putting the world to rights. It was such a special evening of us just being mother and daughter again. I couldn't believe that she was in so much pain that morning.



"Without the Myton at Home team, we wouldn't have had such a special evening that has become one of my favourite memories.

"Caring for mum felt very lonely, so having this connection with the nurses was invaluable.

On the fourth day of Myton at Home visits, Catherine was transported to Warwick Myton Hospice.

Claire said: "A bed became available and mum had always loved the idea of dying at a hospice.

"She had been so sleepy at home, but she seemed so lively when she got to the hospice. I think it was because she knew she was safe and well looked after.

"The environment was so calming and peaceful, and the staff were incredible. I never felt rushed. It was like they gave us all the time in the world. Catherine died on 1st March 2023.

Claire added: "On the night she died, the nurses had put me up in the room next to mum. It was around 3am when she left us and I was asked if there was anyone I wanted to call. I knew my partner would get there in a hurry, but it meant getting someone else to take care of the kids. Instead, I thought that I was already so supported by the nurses that I didn't need anyone else. I couldn't imagine sharing such an intimate moment with strangers, but the nurses just made me feel so at peace.

"No words can describe the enormity of the difference Myton made. The holistic nature of the care, with medical and emotional needs being at the top of everyone's minds, meant everything. Every interaction was done with skill and sensitivity."



ONLINE FUNDRAISING

Our preferred fundraising platform for Swim for Myton this year is Enthuse. When you sign up you will be sent an email with the link to your personal fundraising page. You can share your fundraising page via email and on facebook, Instagram and Twitter as often as you want to.

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.

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 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!

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Good luck with your fundraising! If you need anything, please contact the Events team at challengeevents@mytonhospice.org

Thank you!

The Myton Events team



www.mytonhospice.org/swim

f t i @MytonHospices

Registered Charity No. 516287

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