

THANK YOU FOR SIGNING UP TO OUR SANTA DASH!

Dressed head to mistle-toe in a santa suit or other festive clothing, join fellow dashers on Sunday 10th December at 10:30am as you run, jog or walk around Victoria Park and Leamington Spa.

Yule even be able to meet the main man himself, with santa congratulating you on the finish line with face painters, food vendors, an inflatable snow globe and Christmas games!

Fun for all the family, children can also take part in our Mini Dash. Starting at 10am, the Mini Dash is open for children under the age of 12, receiving a medal from Santa himself!

And of course, we can't forget our Santa Paws! Enter your festive pooch into our Best Dressed Dog competition, run by Lala's Pet Treats, to be in with the chance to win some amazing prizes!

Every dasher taking part will receive a Santa Dash medal which you can proudly hang on your tree!

This year, we want to add some extra Christmas sparkle to this ever-popular event so get ready for the tree-mendous new fun! Start the Dash with magical snow falling all around you and have fun with the brand-new Christmas tunnel on the route, including Christmas characters, snowflakes and Christmas songs to dance your way through! You will also have the chance to pose with a life-size reindeer!

Christmas is the time for joy, family and food. For some, it's a time where the absence of a loved one is felt more heavily. For many, this Christmas will be the last one spent as a family all together in one of our Inpatient Units or with the care of our Myton at Home team.

The money you raise means we can make the most difficult times that little bit more manageable, and care for more people like Owen, Laura and Luna...



The difference your support and sponsorship makes *Laura's story*



Laura and Owen's life was turned upside down in March 2020. Not only were they experiencing Covid-19 and the national lockdown, but Owen had just been diagnosed with bowel cancer that had spread to his liver. To add to the rollercoaster they were already on, the couple found out they were pregnant two weeks later.

Laura said:

"Our lovely Luna was born on 18th December 2020. Throughout my pregnancy, Owen underwent chemotherapy, radiotherapy, a liver resection and then more chemotherapy. When Luna was only two weeks old, Owen had an emergency stoma surgery. A time that should've been the most magical with a new-born was ripped from us. Owen then went through clinical trials and we decided to go abroad for holistic treatment.

"A light during this time was our proposal. Owen proposed to me just hours after Luna was born and we married on 17th May 2021, whilst he was in the middle of his clinical trial."

Owen was receiving palliative care from September 2021 and was admitted to Warwick Myton Hospice on 7th December.

Laura added:

"At this time, we thought we would only be at Myton for a couple of days. But thankfully we managed to celebrate Luna's first birthday as a family, Owen didn't wake up from the 22nd, and then he died on the 27th. He had just turned 40.

"The whole thing was awful. We expected each new day to be the last. At this time of year, especially for our family with Luna's birthday, it should be a time of celebration, fun and laughter surrounded by everyone you love, yet we were dealing with every family's worst nightmare.

"But Myton made everything a little bit more manageable. They were amazing, reassuring me that they were here for me and Luna as much as they were for Owen."

Due to Covid, families couldn't stay in our relatives accommodation, but Laura and Luna were able to use one of the flats as a base for feeding and naps during their visits. Friends and family were able to stay with Laura to help care for Luna.

"Having that space to care for my child whilst still being so near to Owen was invaluable. With the help



Laura and Owen with Luna

of friends and family, it meant so much to me that I could be present with Owen when he was awake and not be preoccupied with sorting Luna. Even the little things, like bringing our dog to see Owen meant the world to us. Our cocker spaniel, Bodhi, visiting was so lovely for us all."

Spending the Christmas period at Myton was hard for Laura.

Laura said:

"Myton reminded us it was Christmas time. Whilst we were there, we were so caught up with making the most of our final days with Owen that it didn't really feel like Christmas. Myton's Santa Sleigh was at the hospice one day so I took Luna to meet Santa Claus which was so lovely. Seeing her face light up at the sight of him was amazing. Looking back, it was important to celebrate our last Christmas with Owen."

Laura looks back at her time at Myton with both happy and sad memories:

"Having Myton's support at the worst time of our lives was a blessing. If it wasn't for Myton, Owen would've been in hospital, meaning I couldn't have seen him. Myton gave me that time with him and I can't repay them for that. We were able to be a family and I can't put into words how important that is to me.

"From the doctors to the nurses, and the volunteers, everyone was amazing. They made sure Owen was comfortable and not in any pain. He deteriorated rather quickly so knowing he was comfortable reassured me. They really looked after us.

"Christmas is meant to be the time for celebration, but for us it will always be about remembering my husband and Luna's dad."

With your sponsorship and fundraising this Christmas, you can help more people like Owen, Laura and Luna when they need us most, now and in the future.

Raising the money

Unless you have joined our team of Santa's Little Helpers, we do not suggest a minimum sponsorship amount, we just ask that you raise as much as possible. Your registration fee covers the cost of the event, but it is your sponsorship money which makes the difference to our patients and their families.

To reach our target of £40,000, we rely on you raising sponsorship. Have a look at the difference the money you raise will make...



will cover the cost of one patient's Christmas Day and Boxing Day meals



will cover the cost of our relatives accommodation so people can stay close to their loved ones over Christmas Day and Boxing Day



will fund five children's bereavement counselling sessions to help a young person who is facing their first Christmas without a loved one



would fund a Respite bed for one day to give carers a much-needed break over the festive period



will fund our Myton at Home service for one day, enabling patients to be in the comfort of their own home at Christmas



will fund one inpatient bed on Christmas Day

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!

Santa's Little Helpers

Could you join our team of fundraisers to become one of our very special Santa's Little Helpers? Become Santa's Little Helper by sledging... sorry, pledging to raise money for The Myton Hospices!

Pledge to raise £50 to receive a Christmas tealight holder.

Pledge £250 to receive a snow globe which can be personalised with your very own photo.

Pledge £500 to receive a Myton Christmas jumper!

We are hoping to raise £40,000 this year to continue to provide our services free of charge to people and their families across Coventry and Warwickshire. Your sponsorship can help us achieve this!

Contact details

We are with you every step of the way in the run up to Santa Dash to make sure you have the tools to raise as much money as possible as well as having a great time taking part in the event! If you have any questions or need anything, please do not hesitate to contact the Fundraising team by calling 01926 838838 or emailing 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.

You can also keep an eye on our JustGiving Top Fundraisers leader board to see if you're in the top 10! Want to find out how to set up a JustGiving page? Please see below.

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.

Fundraising inspiration



There are lots of different ways to fundraise; you don't just have to ask people to sponsor you. We have included our 1-25 Festive Fundraising Ideas to help you boost your sponsorship!

We can provide you with Myton collection tins and balloons. Please get in touch if you need anything!



Event Guide

Schedule

Registration opens at 9.00am

Royal Brass Band Performance (First Set) – 9.00am – 9.30am

Performance – 9.30am – 10.20am

Mini Dash warm up- 10.00am

Mini Dash 100m dash – 10.10am

Warm up Santa Dash – 10.25am

Confetti start and countdown – 10.30am

Mince pie and Christmas carols from 10.45am

Contemporary Choir – 10.45am

Everyone must register on the day – this year there is no pre check-in.

Santa Suit and T-Shirt Collection



If you have chosen to have a Santa Suit or Santa Myton T-Shirt, you will be able to pick these up from Warwick Myton Hospice on Saturday 2nd December, 10am-1pm, or Wednesday 6th December, 4pm-7pm.

You can also pick up your suit or t-shirt on the day of the Santa Dash, Sunday 10th December at Victoria Park, Leamington Spa, CV31 3PH.

Everyone must register on the day of the event, picking up santa suits and t-shirts does not automatically register participants.

Location

We ask that all festive fundraisers gather at Victoria Park (CV31 3PH). If you have never seen hundreds of Santas gathered like this before you are in for quite a treat!

Route

Starting and finishing at Victoria Park, Santas and elves will run, walk or jog around the park and through Leamington Spa to complete their 5k. There will be clear signage throughout the route and there will be plenty of volunteer marshals to direct you and cheer you on!

Parking

There are plenty of parking facilities in Leamington Spa which are just a short walk away from Victoria Park:

St Peters multi-storey CV32 5EL (access via Augusta Place)

Adelaide Bridge CV31 3PD

Bedford Street CV32 5DT

Royal Priors multi-storey CV32 4XT

Dressing Up

Whatever festive attire you wear, please make sure you have suitable footwear and clothes underneath to keep you warm.

Medals

Everyone who completes the route will receive a bespoke Santa Dash medal which can also be re-used as a tree decoration.

Best Dressed Dog

We've always encouraged well-behaved dogs to take part in our Santa Dash events, why not put your four-legged friends in the spotlight with our festive fancy dress competition – for just £2.

Whether they have a Christmas jumper, Santa suit or antlers to wear, dress your dog in something festive and enter them into our Best Dressed Dog competition. There will even be a prize for the top dog awarded by Lala's Pet Treats.

Why not raise some extra money for Myton by asking people to sponsor your dog too?!

Facilities

There will be public toilets located in Victoria Park.

First Aid

Please keep an eye out for other Santa dashers and should there be any issues please get in touch with the events team as soon as possible. If you are feeling unwell or need first aid please call the events team mobile: 07599 752835.

Alfa Med will be on hand to deal with any incidents.

In the event of an emergency do not hesitate to call 999.

Please be aware that as the event is held in winter the weather conditions are likely to be more adverse, so please take care along the route and make sure you wear suitable footwear.



Refreshments and entertainment

As well as the big man himself along with his sleigh, there will also be an inflatable Snow Globe for photos and lots of festive activities for children to enjoy, including face painters and Christmas games. You can also get some festive cheer from the tombola and guess the reindeer stalls.

Fun for all the family, children can also take part in our Mini Dash. Starting at 10am, the Mini Dash is open for children under the age of 12, receiving a medal from Santa himself!

Treat yourself with a breakfast from The Urban Greek and after the dash, have a well-deserved mince pie and mulled wine. You can enjoy the variety of Christmas performances. You can sing along to the classic carols to get you into the Christmas spirit - it's the time that every santa has a ball after all!

Help us spread the word!

Encourage your friends, family and work colleagues to take part too and make this the best Santa Dash yet!

Facebook and Twitter

Keep up to date with all the latest news about this year's event by joining our official Santa Dash Facebook event page. You can share the event and posts to encourage others to take part too! It's not often you get the chance to walk or jog around Leamington Spa dressed as Santa!

And finally...

Good luck with all your fundraising and training, and be sure to get in touch if you need any help.

Thank you again for taking part - we look forward to seeing you in December!

The Myton Events and Fundraising team.

01926 838838

events@mytonhospice.org

www.mytonhospice.org/Santa

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Registered Charity No. 516287



THE MYTON HOSPICES 2023 SANTA DASH

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