

Thank you for signing up to this year's Walk for Myton and joining #TeamMyton – we can't wait to see you on Sunday 12th May. Everyone who completes their chosen route will receive a Walk for Myton medal as a thank you for taking part.

Walk for Myton starts and ends at our Warwick Myton Hospice and is the perfect opportunity to enjoy the Warwickshire countryside with family, friends and your four-legged companions, whilst raising vital funds for a great local cause.

The Scavenger Hunt is returning along the 3 and 6 mile routes for all the family to enjoy as well as entertainment at the refreshment stops.

After you have completed your chosen route, you are invited to relax in the beautiful grounds of Warwick Myton Hospice where we will be offering a range of entertainment. From 11am, relish in the performances in our back garden, cool off with an ice cream and try your luck at the Spin to Win or one of our tombolas! You can also enjoy some tasty food at the BBQ and treat yourself to a well-deserved drink or two.

With your help we are hoping to raise £30,000 in sponsorship from this event, which could fund our Myton at Home service for three months. With your support we can help more people when they need us most, now and in the future.

You can find route maps and more information about fundraising at **www.mytonhospice.org/Walk**



Events Team
events@mytonhospice.org
01926 838838

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

Sponsored by



**Playground
Games**



myton
hospice

Registered Charity No. 516287

IN MEMORY T-SHIRTS

If you haven't already ordered an In Memory t-shirt but would like to, the deadline is **Friday 26th April**. You can or email

events@mytonhospice.org

You can also buy our red Myton branded t-shirts or our bespoke Walk for Myton t-shirts as well. All pre-ordered t-shirts will be available to collect on the day.

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 TOP 10
FUNDRAISERS WILL
RECEIVE AN EXCLUSIVE,
LIMITED-EDITION
HOODIE!**



myton
hospice

THE DIFFERENCE YOUR SUPPORT MAKES...

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

Nasra Hamid was a caring mother to three wonderful children and a loving grandmother to a beautiful grandson when she was diagnosed with stage 4 terminal cancer.

Nadia, Nasra's sister, said:



Nasra Hamid

"My beautiful sister spent the majority of her life caring for others within her profession but also cared for both our parents before they died seven months apart."

Nasra collapsed at home and was rushed to A&E. A scan showed evidence of a cancerous mass on her brain and cancerous masses on her vital organs, including her lungs, liver and kidneys.

Nadia explained:

"Unfortunately, my sister and family were given a shocking prognosis that she would only have a couple of weeks to live. You can only imagine the multiple blows felt by the whole family and words cannot possibly describe the state of shock and grief that followed."

Nasra wanted to die at home surrounded by loved ones. The family were able to help, support and care for her at home and communication with the palliative care team during their visits had become more regular due to worsening symptoms. Within two weeks of being discharged from hospital, it became evident that the cancer had become more aggressive. During a visit, the palliative care team mentioned our Myton at Home service.

Nadia commented:

"Myton at Home was something I knew nothing about prior to my sister's condition. My assumption was that The Myton Hospices only admitted patients at their site. I was so relieved to learn that Myton also offer home visits which provided much needed support for Nasra's children, not only in providing experienced personal care but also for a little respite. "

Nasra received three visits a day from our Myton at Home team from the following day.

Nadia added:

"We can't thank the team enough, as they provided personal care to my

sister during a time when the family were in a state of shock and disbelief, witnessing our beloved Nasra's deteriorating health.

"The team of carers including Andy and Sharon were exceptional and supportive. They came in smiling and their smiles and kindness really meant a lot under such extreme emotional pressures the family were faced with. The team always asked how we were doing and we felt valued as family members. They were also brilliant at making suggestions about how to ensure Nasra was as comfortable as possible. It was clear that they were experienced and ultimately very passionate and caring about their roles. This made the family feel at ease as it is not easy letting someone else take care of someone so dear and precious to you."

Nasra died just four weeks after her diagnosis on the 23rd September 2023, just 51 years old.

Looking back at their experience with Myton, Nadia said:

"Myton has a special place in our hearts and on our journey ahead. Not only did Nasra personally support and advocate the importance of The Myton Hospices and all the brilliant work they do, but in the end, it ultimately provided the attentive support and personal care that she would passionately provide to others."

With your sponsorship and fundraising, you can help more people like Nasra when they need us most, now and in the future.



Family photo:
Mo, Shenila and Saima
(Nasra's children) and Luay
(Nasra's Grandson).

EVENT GUIDE

DATE AND TIME

Sunday 12th May. Set off between 7:30am and 11:00am.

Please try and arrive in line with your chosen route advised timings.

LOCATION

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

CHECK-IN

Check-in will be open from 7:30am and close at 11am but please arrive in line with your chosen route's advised timings. It will be in a large red gazebo in the front car park of 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.

There is no pre-registration for this event, everyone must check-in on the day. Pre-ordered t-shirts will be available to collect on the day.

PARKING.

Parking is available at Myton School. 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, however, 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 worthwhile, beautiful views.

12 mile route: Approximately 5 hours

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

Route distances are approximate.

Advised timings:

12 mile route – set off between 7.30am – 8.30am

6 mile route – set off between 9.00am – 10.00am

3 mile route – set off from 10.00am – 11.00am

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 be 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.



DID YOU KNOW WE ARE A CHARITY AND NEED TO RAISE £10.5 MILLION THIS YEAR TO CONTINUE PROVIDING OUR SERVICES FREE OF CHARGE?

With your help we are hoping to raise £30,000 from this event, which could fund our Myton at Home service for three months. With your support we can help more people when they need us most, now and in the future.

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 2nd May**.

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. There will be entertainment at both locations.



FUNDRAISING

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 £30,000 we rely entirely on you raising sponsorship.

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



covers the cost of
two hours specialist
nursing care



will fund a
patient's meals for
one week



will fund a Myton at
Home nurse to visit a
patient at home



will fund a Respite
bed for one day



will fund an inpatient
bed for one day



will fund 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.



SCAN ME TO
CREATE YOUR PAGE



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! Scan the QR code to set up your JustGiving page and

start fundraising today!

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!

**GOOD LUCK WITH YOUR
FUNDRAISING AND WE LOOK
FORWARD TO SEEING YOU
ON THE DAY!**

