

**Thank you for signing up to this year's Walk for Myton and joining #TeamMyton – we can't wait to see you on Sunday 14th September. 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.

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, enjoy the performances in our back garden, cool off with an ice cream, 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 £45,000 in sponsorship from this event, which could fund a Hospice Inpatient Bed for three months. With your support we can help more people when they need us most, now and in the future.

You can find more information about fundraising at **[www.mytonhospice.org/walk-hub](http://www.mytonhospice.org/walk-hub)**



Events Team  
[events@mytonhospice.org](mailto:events@mytonhospice.org)  
01926 838 838

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**Playground  
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**myton**  
hospice

Registered Charity No. 516287

## WALKING IN MEMORY OF LOVED ONES

Many people take part in Walk for Myton in memory of someone special. 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.

If you are walking in memory of a loved one, you will be able to write your loved one's name on your Walker ID number.

## MERCHANDISE

We will be selling a range of Myton merchandise on the day including our very cute Myton branded dog bandanas. Don't forget that dogs are more than welcome to take part in Walk for Myton too!



And as a huge thank for every adult that raises or donates £30 and every child who raises or donates £20 you'll receive an exclusive Walk for Myton T-shirt for the big day!



# THE DIFFERENCE YOUR SPONSORSHIP MAKES...

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

Imelda McHugh was diagnosed with Multiple System Atrophy (MSA) in 2021, a rare, progressive disease affecting the central and autonomic nervous systems, which control movement and involuntary functions. Imelda also has a form of arthritis, affecting her mobility.



**Imelda McHugh**

Imelda has been seeing a Parkinson's nurse in Coventry since her diagnosis to help with her symptoms. The nurse mentioned The Myton Hospices' Patient & Carer Wellbeing Service and how it could benefit her.

## ***She said:***

"When the nurse mentioned Myton and palliative care, I was initially frightened by what that might mean. She explained the difference between palliative end of life care and palliative wellbeing care. She reassured me that, while my illness is terminal, I'm not in the final months or weeks of life. Instead, the focus is on maintaining my current health so I can make the most of the time I have left. With that understanding, I agreed to the referral."

Imelda started receiving weekly calls from our Wellbeing Team in 2024, signposting her to services to further help her and her family.

## ***Imelda continued:***

"I must admit I was still dubious when I first started talking to Jill, my Myton Wellbeing Nurse, but with each phone call my worries disappeared. She referred me to Myton's Complementary Therapy service which was a dream. I had a massage on my arms, shoulders and neck. Oh it was heaven!

Jill also informed me of all the support groups I could attend to meet likeminded individuals in similar situations. I was also made aware of the carers support group which I knew nothing about. My youngest daughter is 21, she has autism and lives at home with me and her dad. To have a place dedicated for them as my family is incredible.

They're able to talk to other carers and family members, share their experiences and maybe get a few helpful tips. With my daughter's autism, she's very reliant on us. My partner is 15 years older than me and my only fear for the future is how she will cope when her parents aren't here anymore. But she thrives at Myton, she's a whole new person, opening up to people in a way she never has. She is so comfortable at Myton and I think that is the biggest reflection of the environment they create."



**Family photo**

After six months of attending these sessions, Imelda was admitted to our Warwick Myton Hospice in early January 2025 for a week of Respite care.

***Imelda commented:***

"I couldn't wait to give my partner a break. He does so much for me and our youngest daughter so to have this week dedicated to giving him, as well as me, a break is all I could ask for. Since the minute I arrived, I've felt so relaxed and like I'm able to breath again. When Myton was first mentioned, I wrongly assumed hospice care was just for those at the very end of their life and I fully associated Myton with death. But I was so wrong. Being here has opened my eyes to the different, and main, side of hospice care. Myton is truly magical."



## EVENT GUIDE

### DATE AND TIME

Sunday 14th September. Registration will be open from 7.30am – 11.00am.

### 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 Tuesday 9th September and on the day.

## **PARKING.**

Parking is available at Myton School and Warwick 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 car share, walk or use public transport.

## **THE ROUTE**

### **3 mile route: Approximately 1 hour**

This wheelchair and pushchair friendly route is suitable for all.

### **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.

### **Half Marathon 13.1 mile route: Approximately 4.5 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:**

### **Half marathon route: set off between 7.45am – 8.45am**

### **6 mile route: set off between 9.30am – 10.30am**

### **3 mile route: set off from 10.30am – 11.00am**

### **Reg opens at 7.30am and closes at 11.30am**

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 Half Marathon 13.1 mile route is cross country and includes stiles, meaning it is not suitable for wheelchairs and pushchairs.



# FAQs

## How do I set up a team JustGiving Page?

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. Find out how to set up a JustGiving page [www.mytonhospice.org/walk-jg](http://www.mytonhospice.org/walk-jg)

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

## How do I add people to my team?

When your team member signs up, please ask them to include your team name on the sign-up form, and we will automatically group you together. If any members have already registered under a different name or without a team name, please email [events@mytonhospice.org](mailto:events@mytonhospice.org) and we will arrange this for you.

## When can I collect my Walk for Myton T-shirt if I have fundraised?

You can collect your exclusive Walk for Myton T-shirt on Tuesday 9th September from Warwick Myton Hospice from 10am-7pm or at the event when you register. A friend or family member can collect your t-shirt on your behalf by giving your name on the collection day.

## What happens if I have already signed up but would like a Walk for Myton T-shirt?

If you did not pledge to raise £30 per adult or £20 per child, or donate in lieu when you signed up for the event, but would like a Walk for Myton t-shirt, it is not too late! You can either set up a JustGiving page [www.mytonhospice.org/walk-jg](http://www.mytonhospice.org/walk-jg) and raise the recommended sponsorship, or donate online [www.mytonhospice.org/donatewalk](http://www.mytonhospice.org/donatewalk). Please mention Walk for Myton t-shirt and your t-shirt size on the donation form.

## What are the t-shirt sizes?

### Children's sizes

- 5-6 years old
- 7-8 years old
- 9-11 years old
- 12- 13 years old

### Adult's sizes

- S
- M
- L
- XL
- XXL
- XXXL





## WHAT ARE THE FACILITIES LIKE?

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 Half Marathon 13.1 mile route.

## DID YOU KNOW WE ARE THE ONLY PROVIDER OF HOSPICE INPATIENT BEDS IN COVENTRY AND WARWICKSHIRE?

With your help we are hoping to raise £45,000 from this event, which could fund a Hospice Inpatient Bed for three months. With your support we can help more people when they need us most, now and in the future.

If you need any help along the way, please get in touch with our Events Team on: [events@mytonhospice.org](mailto:events@mytonhospice.org)



Your fundraising and support ensures we can be there for more people living with a life-limiting illness and their families across Coventry and Warwickshire. Thank you!

*We can't wait to see you at Walk for Myton!*



# FUNDRAISING

**With your help we are hoping to raise £45,000 in sponsorship from this event, which could fund a Hospice Inpatient Bed for three months. With your support we can help more people when they need us most, now and in the future.**

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.

We suggest you raise a minimum of £30 per adult for this event which could fund one hour of specialist nursing care.

**And as a huge thank for every adult that raises or donates £30 and every child who raises or donates £20 you'll receive an exclusive Walk for Myton T-shirt for the big day!**

**HAVE A LOOK AT THE DIFFERENCE THE MONEY YOU RAISE WILL MAKE:**



covers the cost of  
one hour's specialist  
nursing care



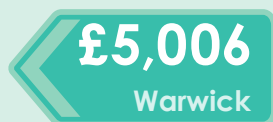
will fund a  
patient's meals for  
one week



is the weekly upkeep  
cost of our relatives'  
accommodation



will fund an inpatient  
bed for one day



is the running cost of  
our Inpatient Unit at  
Warwick Myton Hospice  
for one day

## Online Fundraising

You can rarely scroll through social media these days without seeing a fundraising page, and that is because it is one of the most effective and easy ways of encouraging your family, friends and colleagues to sponsor you. By setting up a JustGiving page you can easily share your fundraising efforts and progress on Facebook 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 – it comes straight to us – and Gift Aid is automatically calculated and processed.



## 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? We have guidance and letter templates you can use to support you with this.

## 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!**

