

GREAT MANCHESTER RUN

26th May 2024



4K

6K



**FUNDRAISING
GUIDE**

Manchester Foundation
Trust **Charity**

WELCOME TO THE TEAM!



Thank you for registering to take part in the 2024 Great Manchester Run in support of our family of hospitals. You are now part of our team of runners taking on the 10K and half marathon routes, along with our younger supporters taking part in the Junior & Mini Great Manchester Run, too! We're so grateful for your support.

What to do next...

Set up your fundraising page

As you are using one of our charity entry places, you have made a commitment to raise a minimum of £100 in sponsorship, so it is time to set up your online fundraising page. Setting up a JustGiving page will make it easy to share your fundraising with friends, family or colleagues. Set up your challenge page for the **10K run** at JustGiving.com [here](#) or for the **half marathon** [here](#).

Fundraising as a team?

You can set up a team JustGiving page so you can keep track of all of your fundraising in one place. You can do this by using the 'Team' function on your individual fundraising page.

We've teamed up with The Farm Club to offer our team of runners an exclusive 20% off any booking at the wellness centre to complement your training and to aid recovery. Use code MFT20 when booking to apply your discount. The code is active until 30th September 2024.

TOP FUNDRAISING PRIZE

The three runners who raise the most money for our Charity will win bespoke running goodies courtesy of [Up & Running](#), the UK's largest independent running store, and Altra Running, alongside a selection of wellbeing experiences at The Farm Club. The prize is open to all of our participants in this year's adult Great Manchester Run events. Terms and conditions apply, which can be found [here](#).



1st Prize

Up & Running Altra running shoes, goodie bag and a voucher for two people for a yoga, meditation and lake swim session at The Farm Club



2nd & 3rd Prize

Up & Running Altra running shoes and voucher for two people for an ice bath and meditation session at The Farm Club



Get your free running t-shirt

Once we receive the notification that you have set your fundraising page up, we will send you a free charity t-shirt! We hope you will wear your t-shirt throughout your training, as well as on the big day itself, to let everyone know who you are running for! Your t-shirt will be mailed within one week of setting up your page.



Use this pack

We have filled this pack full of information we hope you will find useful – from training tips to fundraising ideas, to stories of just some of the ways your fundraising will make a real difference to patients, young and old, throughout our hospitals.

We're with you every step of the way...

If you would like to talk to our fundraising team about any aspect of your participation in this year's Great Manchester Run, please let us know by dropping us an email at charity@mft.nhs.uk.

And finally...

Don't forget to close down your JustGiving page after you have taken part, so we know you have completed your fundraising!

THANK YOU FOR SUPPORTING OUR HOSPITALS AND BEING PART OF OUR TEAM!

We're here to help...

If you would like to talk to our team about any aspect of your fundraising, please let us know by dropping us an email or giving us a call.

Email: charity@mft.nhs.uk Tel: 0161 276 4522



TOP FUNDRAISING TIPS

We've put together this handy guide to help you maximise your fundraising and to ensure your sponsorship money starts rolling in.



Share your story
Keep your supporters updated as you go, as well as letting them know what your plans are and what's keeping you motivated.

Share on your social channels
With your training underway, and as your fundraising income continues to grow, don't be afraid to share your progress on your social platforms – this will generate further interest. And don't forget to tag us in your posts!

 @MFTCharity
 @MFT_Charity
  Manchester Foundation Trust Charity

Record videos of your training. Share your progress with your supporters and upload videos onto YouTube or perhaps create your own vlog training session.

Record milestones
As part of your updates, let your supporters know when you've reached those milestones towards your fundraising target and thank them for their donations.

Organise a special training session
Perhaps you could arrange a training session from one special place to another? Share your journey, what you are planning to do and ask people to pick places that you can travel to.

Dress up your training
Get creative and take on a training session in fancy dress! Ask your friends and family to sponsor your session and in return they can choose the fancy dress outfit.

Start a countdown
In the run up to the event, be sure to let everyone know how many days you have left until the big day and share your total number of miles completed during each training session.



TOP TRAINING TIPS



We've pulled together our best tips to ensure you are making the most of your training and are well prepared for the big day!

Get a training buddy!

Whether this is in person or virtual, having someone to check in with will make a huge difference to your motivation while training.

Create a training plan

There are various training plans available online or alternatively get in touch with the Charity team and we can help you create your own training plan that's personal to you.



Nutrition

is key! It's important you are fuelling your training appropriately. Picking a suitable diet will ensure you are at your best and will help you increase your energy levels.

Create a training playlist

Music is often used as a motivational tool. Share your running playlist with your supporters - you could even ask for donations to add specific songs to your playlist!

Reflect and reward

It's important to recognise and appreciate when you are achieving your goals. As your training progresses, it will become easier to identify when you are hitting your targets.

Rest and relax

Allow yourself time to rest and recover between activities.

Get creative

To document your training and increase your fundraising, we recommend taking photos during your training sessions. Get creative and photograph your feet in puddles, snow, rain, mud or of the places you train. You could even capture before and after training photos to highlight the effort you are putting into your running. And don't forget to share your progress on your social channels to promote your challenge with friends, family, and colleagues.



THE DIFFERENCE YOU WILL MAKE

£20 could help purchase a lifelike animatronic cat or dog to provide comfort to patients who have dementia.

Isma Ahmed, who is an Activity Co-ordinator at Wythenshawe Hospital and supports patients with dementia, said:

"It has been so enjoyable for the patients who seem to be much more relaxed with having the pet around them. I feel the pet has really made a difference to the quality of [the patient's] experience; not only is it a talking point for staff passing by to stop and ask the patient about the pet and make conversation, but also the patient feels comfortable talking about the pet with staff."

£40 could provide patients like Leo with access to play therapy during their time in hospital.

Leo had his foot amputated and major hip surgery at Royal Manchester Children's Hospital, and the hospital's Play Leaders helped to keep him distracted and entertained during his long recovery.

"It was a nightmare trying to keep a toddler still... but the play team on his ward at Royal Manchester Children's Hospital were just incredible...Leo really felt the benefit of what the Therapeutic Play Team can do. He really loved his play leaders."

Claire, Leo's mum.

£100 could fund a tactile and sensory wayfinding system to enable blind and visually impaired visitors to find their way around our eye hospital independently.

Imperial War Museum

13.1m

START

£20

£40

£100

10m

11m

12m

8m

9m

2km

10km

7m

6m

4km

6km

8km

Manchester City FC

£80 could provide home comforts in specialist bereavement rooms for grieving parents experiencing the loss of their newborn child.

"When our son Ti passed away in hospital at 5 days old, we were told we could have as much time as we wanted with him in the Snowdrop Bereavement Suite, which was such a lovely environment. It meant that saying goodbye was a very peaceful experience and I will forever be grateful that we had that time – it was just wonderful." – Hannah

£60 could provide free evening TV time for our young patients like Harrison.

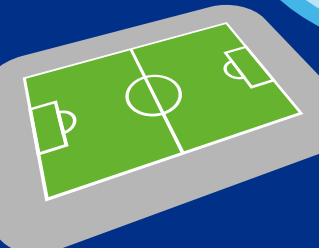
Harrison (pictured at age 9) spent time in our children's hospital over the Christmas period in 2022 while he was receiving specialised treatment for leukaemia. Harrison's treatment meant he had to spend his time in isolation during his stay on the ward and having free access to TV offered a very welcome distraction. Harrison said:

"I really love playing FIFA and I was watching the World Cup in Qatar on the TV. I was really sad when England went out. I also loved watching the Addams Family spin off Wednesday, I mostly watch funny stuff and sports on TV. It's been good to be able to watch TV because you're just in a room with your visitors so you can't get out and do the normal things I'd do at home."



£60

£80



Manchester Utd FC

10K Route
Half Marathon Route

GREAT MANCHESTER RUN

THANK YOU!

for making a difference
to the patients and
families who are
treated by our family
of hospitals.

Our hospital family:

North Manchester General Hospital, home to the region's specialist infectious diseases unit.

Manchester Royal Infirmary, a national centre for services including kidney and pancreas transplants, liver surgery and rheumatology.

Wythenshawe Hospital, recognised as a centre of clinical excellence, with specialisms in heart and lung transplantation, cancer and breast care services and respiratory conditions.

Royal Manchester Children's Hospital, the largest and busiest children's hospital in the UK.

Manchester Royal Eye Hospital, providing world class ophthalmic care to the people of Manchester and the North West, and first hospital in the country to offer community eye clinics on the high street.

Saint Mary's Hospital, providing world class medical services for women, babies and children as well as a comprehensive Genomics Centre and an internationally recognised teaching and research portfolio.

The University Dental Hospital of Manchester, a major dental teaching hospital for the UK.

Withington Community Hospital, offering diagnostic treatment, day surgery and community services.

Trafford General Hospital, the birthplace of the NHS.

Altrincham Hospital, providing general specialist and diagnostic and outpatient services, including kidney dialysis clinics.

  Manchester Foundation Trust Charity

 @MFT_Charity  @MFTCharity

Registered with the Charity Commission as Manchester University NHS Foundation Trust Charity.
Registered Charity 1049274.



Manchester Foundation
Trust **Charity**

DONATION FORM

Thank you for taking part in this year's Great Manchester Run in support of our family of hospitals.

This form provides guidance on how to return your fundraising.

Please fill in your details below:

Name:

Name of organisation (if applicable):

Address:

Postcode:

Total amount raised:

If you would like your sponsorship to support a specific hospital, please provide details here:

Donations to be made by:

☐

Online – Please visit **mftcharity.org.uk** to make a donation online.

Please provide details of the date you made the payment here:

☐

Cheque – Cheques should be made payable to Manchester Foundation Trust Charity.

If you are paying by cheque, please detail the total value and number of cheques enclosed:

☐

Bank transfer – Please contact us for details on **0161 276 4522**.

Once you have made the payment, please provide details of payment reference and the date you made the payment here:

Please let us know if you would like to receive a letter of thanks.

☐

By email please

☐

By post please

☐

Please tick here if you would like to sign up to receive our e-newsletter, to stay informed about more charity news, projects and events you could get involved in. If you haven't already, please provide your preferred email address below:

You can unsubscribe from receiving our charity e-newsletter at any time and you can view our Privacy Policy at mftcharity.org.uk/privacy-policy.

How to return your form: By email: **charity@mft.nhs.uk**

By post: Manchester Foundation Trust Charity, Citylabs 1.0, Nelson Street, Manchester, M13 9NQ

THANK YOU!



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