

GREAT MANCHESTER RUN JUNIOR & MINI

25th May 2024



**FUNDRAISING
GUIDE**



Manchester Foundation
Trust **Charity**

WELCOME TO THE TEAM!

Thank you for registering your junior or mini runner in the 2024 Great Manchester Run in support of our family of hospitals. They are now part of our team of runners taking on the Junior and Mini routes, along with our adult supporters taking on the 10K and half marathon Great Manchester Run too! We're so grateful for your family's 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 £50 in sponsorship, so it is time to set up an online fundraising page. Setting up a JustGiving page will make it easy to share your child's fundraising with friends, family or colleagues. To set up your challenge page visit [justgiving.com/campaign/rmchgmmrmj2024](https://www.justgiving.com/campaign/rmchgmmrmj2024)

Fundraising as a team?

If your little runner is running with a sibling or a friend, 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.

Use this pack

We have filled this pack full of information we hope you will find useful – from 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.

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 your child will wear their t-shirt on the big day to let everyone know who they are running for! The t-shirt will be mailed within one week of setting up your page.

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 child's sponsorship money starts rolling in.

Share on your social channels

As your fundraising income continues to grow, don't be afraid to share your runner's progress on your social platforms – this will generate further interest. Don't forget to tag us in your posts!

Share your little runner's story

Let their supporters know what's motivated them to take part in this year's run and whether they have any training plans ahead of the big day.

@MFTCharity

@MFT_Charity

Manchester Foundation Trust Charity

Start a countdown

In the run up to the event, be sure to let everyone know how many days left until the big day your mini (or junior) runner competes in their run.

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.



***THE DIFFERENCE
YOU WILL MAKE***

£50

£50 could also support our hospital research teams, helping them to improve our understanding of illnesses and how best to treat them.

One patient who is helping our researchers is Taylor (pictured at age 10) who has been a patient of our children's hospital and eye hospital since he was little. Taylor has anterior segment dygenesis (ASD) which means he has lots of different health problems and is blind in one eye. Taylor's condition is so rare, and one that affects people differently, so he very generously gives up his time to take part in research studies. This will help other patients in the future, and as Taylor says:

"I know how it feels to be in and out of hospital – I've been going there all my life. I want the [research] money to help lots of patients at the hospitals."



**Etihad
Campus**

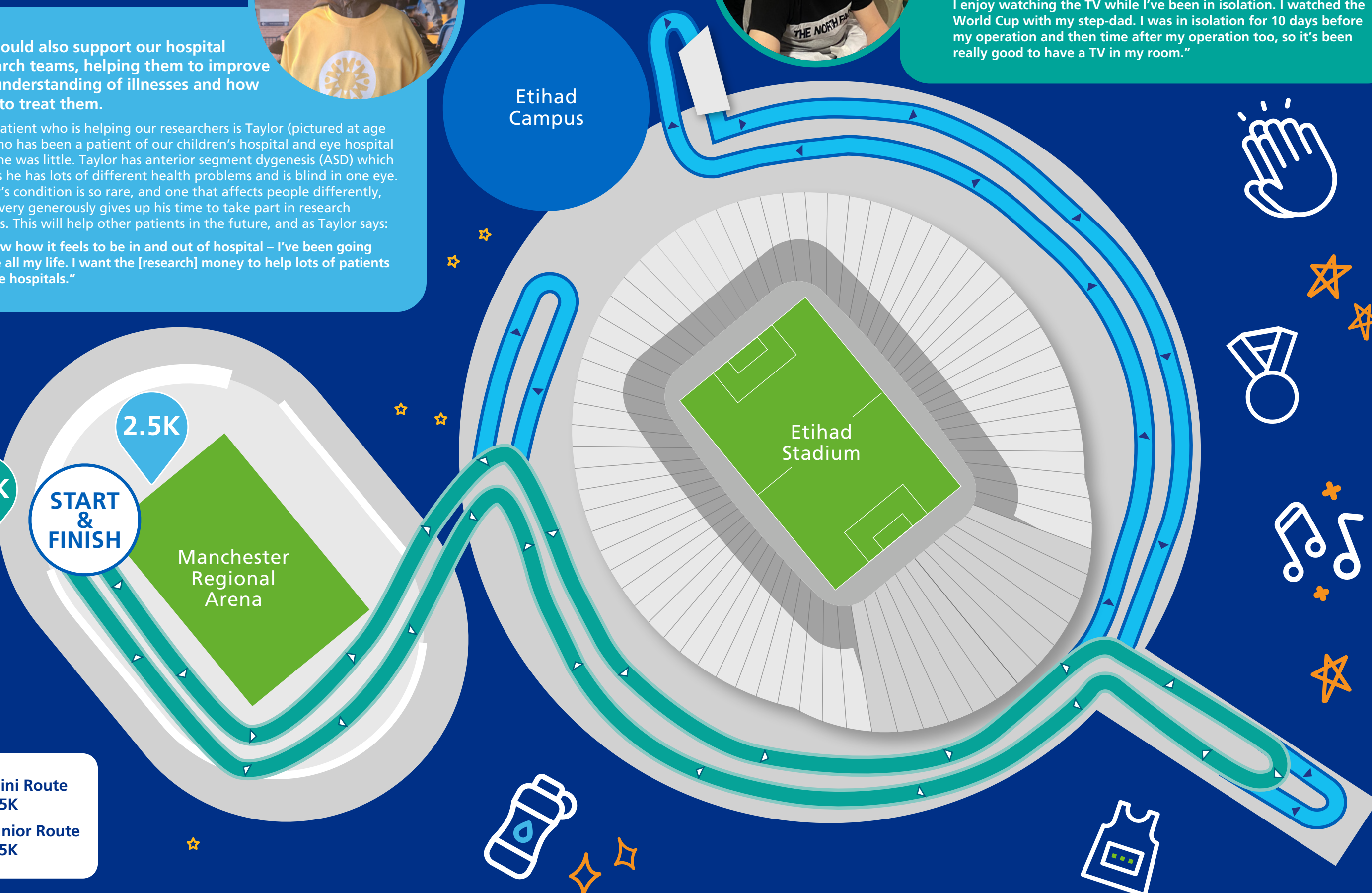
£50



£50 could provide free evening TV time for our young patients like Lewis.

15-year-old Lewis spent time in our children's hospital on the Bone Marrow Unit in 2022 as his leukaemia had relapsed. Lewis' 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. He said:

"I use the TVs for playing on the Playstation. I am really into games. I enjoy watching the TV while I've been in isolation. I watched the World Cup with my step-dad. I was in isolation for 10 days before my operation and then time after my operation too, so it's been really good to have a TV in my room."



**START
&
FINISH**

Manchester
Regional
Arena

Etihad Stadium

2.5K

1.5K

Mini Route 1.5K

Junior 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!



Manchester Foundation
Trust **Charity**