



WALK YOUR WAY

FUNDRAISING GUIDE



Manchester Foundation
Trust **Charity**

HELLO

Thank you for registering to take part in Walk Your Way in support of our family of hospitals. You are now part of our team of brilliant walkers, hikers, and strollers who all want to make a difference to patients – young and old – cared for everyday in our hospitals.

Whether you are taking on a big hike with friends or want to clock up the steps over a series of weeks on your own, Walk Your Way is the perfect activity for all ages and abilities and a great way to show your support for our Charity.

WHAT TO DO NEXT...

Set up your fundraising page

We ask all our supporters to set up an online fundraising page so you can keep an eye on your fundraising and easily share with friends, family and colleagues. To set up your challenge page visit [JustGiving](#).

Fundraising as a team?

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

Use this pack

We have filled this pack full of information we hope you will find useful – from helpful fundraising ideas to examples of just some of the ways your fundraising will make a real difference to patients throughout our hospitals.

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 – we can't wait to hear about your walking challenge!

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



MEET OUR INCREDIBLE FUNDRAISERS

Taking part in Walk Your Way is a great opportunity to get active, set yourself a personal goal or work into your everyday activities to keep fit, while also raising funds for a great cause.

Find out what some of our supporters have already been up to in their walking challenges...

EVELYN

10-year-old Evelyn, who spends most of her day in a wheelchair, took on a mammoth personal challenge by completing 500 steps a day for a month! This was a huge feat for Evelyn, who has a medical condition which causes muscle weakness and affects facial expressions, chewing, swallowing, and speaking.

Evelyn spent a total of 145 days at Royal Manchester Children's Hospital following her diagnosis and suffered a cardiac arrest and a myasthenic crisis – a complication of her condition resulting in respiratory failure – while she was in hospital.

When Evelyn returned home, she decided she wanted to take on a fundraising challenge which would encourage her to walk more as well as giving something back to the hospital where she was cared for.

Throughout her challenge, Evelyn clocked up a total of 15,000 steps and is already planning her next Walk Your Way challenge!



MFT ESTATES TEAM

Our NHS colleagues and now hiking experts James, Dan, David, Stuart, and Tyler took on the UK's hardest walking challenge - The Three Peaks. The Three Peaks challenge took the group up and down the highest peaks in England, Scotland, and Wales in under 24 hours.

The hiking teammates work together in the Estates Team at Manchester Foundation Trust, making sure the hospital sites are safe, clean and welcoming for our patients and their families. They chose to fundraise for our Charity after seeing first-hand the incredible work carried out across our family of hospitals each and every day and wanted to do something, outside of their usual job roles, to make a difference.

Throughout much of their challenge, the group fell victim to the unpredictable British weather and continued much of their walk in the rain. But despite the damp conditions, the team did not let the weather dampen their spirits, with all five teammates suggesting they would complete the challenge again!

QUINN

When Quinn was three years old and eager to get out the house, a 30-mile walking challenge was the perfect way to explore and spend some time with family.

Quinn set about walking one mile per day for 30 days, to raise funds for our children's hospital, where she has been a patient since birth, and took on the challenge with her mum and dad by her side. This would be an amazing feat for most three-year-olds but especially for Quinn who uses a prosthetic leg.

Quinn's mum Natasha said: "We did the challenge during lockdown, we made it part of our regular exercise, and it also meant we could spend quality time together as a family. We knew that when we were on our walks there were no screens or house chores, it was just the three of us, and we could chat and tell each other about our day.

"We also got to explore our neighbourhood – it got to the point where people would recognise us and smile and wave from their houses."

Since the challenge Quinn's family have incorporated more walking into their family activities together. Quinn loves getting fresh air and recently climbed Pendle Hill.

THE DIFFERENCE YOU WILL MAKE

As a Charity our mission is simple: to support the excellence in treatment, research and care we provide to our patients each and every day. We want to make a real difference to the people we treat – young and old – by making sure they receive the very best treatment in the very best facilities.

By taking part in Walk Your Way, you will be directly helping to make this happen. Your support will make a lasting difference to our hospitals, NHS teams and patients, both now and in the future.

Here are just some of the ways you could make a difference:

£20

could purchase an animatronic pet – a lifelike cat or dog to provide companionship for a patient with dementia.

£50

could support our specialist Healthcare Play team, giving our younger patients the opportunity for playful, fun distraction and therapies during their time in hospital.

£250

could provide home comforts in specialist bereavement rooms for grieving parents experiencing the loss of their new-born child.

£100

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

£400

could contribute towards vital research projects to improve our understanding of illnesses and invest in life-saving therapies.

YOUR SUPPORT CAN HELP FUND EQUIPMENT TO ENHANCE PATIENTS' CARE ACROSS OUR FAMILY OF HOSPITALS

At Trafford General Hospital, our staff care for complex and dependent neurologically impaired patients on the Intermediate Neuro Rehab Unit. These patients often have physical, cognitive, communication, psychological and behavioural impairments.

Thanks to our supporters, we have been able to purchase powered wheelchairs to help patients on the Unit enjoy a greater sense of independence while in hospital. Wheelchair-bound patients can often be dependent on ward staff to move around the ward, access the day room or garden, or to be taken to therapy sessions. The new powered wheelchairs enable patients to have more freedom on the ward which increases their independence and quality of life during their stay. As well as improving patients' mentality, the chairs also help with cognition and memory, as staff ask patients to plan ahead and attend therapy sessions independently in the wheelchairs.

We have also funded gym equipment including balls and weights, which patients loan out outside of their allotted therapy sessions. The items are also used in group exercise activities, adding to the variety of exercises patients can do while they're in rehabilitation.

It is thanks to the commitment of supporters just like you, taking part in initiatives like Walk Your Way, that we are able to make this difference for patients on the Intermediate Neuro Rehab Unit, and right across our family of hospitals and clinical services. Thank you.



TOP FUNDRAISING TIPS

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

SHARE YOUR STORY

Keep your supporters updated with your fundraising, as well as letting them know what's motivated you to take part.

DRESS UP FOR THE OCCASION

To help increase your donations, you could ask friends and family to sponsor you to dress up for your challenge.

SHARE ON YOUR SOCIAL CHANNELS

Now that you're signed up, don't forget to share your challenge with your friends, family and colleagues on your social platforms – this will generate further interest.

CAPTURE VIDEO FOOTAGE

Whether you want to document any training you may be doing, or you wish to record your challenge as you're doing it, sharing videos is a great way to capture your activity and raise awareness of your fundraising. You can also take this opportunity to tell people why you are taking part in Walk Your Way.

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.

As well as sharing updates of your challenge on your social media channels, you can share photos and video content on your JustGiving page which can help boost your fundraising total. Don't forget to tag us on your social channels so we can see what you've been up to as part of your challenge.

PLANNING YOUR WALK

Whether you're taking on a big hike with friends or want to clock up the steps over a series of weeks on your own or with your pooch, Walk Your Way is tailor-made by you.

We've pulled together our best tips to help you plan your activity and ensure you are well prepared for your challenge.

Set the date

If you don't have a date in mind, you may choose to do your walk on a memorable date. Or perhaps you'd like to take on your activity during National Walking Month in May? You can pick up your challenge whenever works for you.

You can also use Walk Your Way as a chance to reconnect with nature and take advantage of the multiple health benefits walking can have. Or perhaps you can use the challenge as a way to help with a rehabilitation or treatment plan? Remember, this is your challenge, so use it to your benefit.

Choosing a location

If you haven't decided on a location for your activity, there are so many possibilities. From the Yorkshire Three Peaks to a walk around your local park every day with your pooch or pram – your challenge can be whatever you want it to be but should also suit your capabilities.

Prepare for the weather

The weather can be unpredictable so be sure to check the weather forecast for the day and dress and pack accordingly.

Share your achievement

Don't forget to take plenty of pictures and videos on the day to show everyone. You've done something amazing – share your experience with friends and family and don't forget to share your fundraising page for any final donations.

AHEAD OF YOUR WALK,

there are a few things you will need to consider to ensure you're not putting yourself or others at risk...

- A circular route may be preferable, so you start and finish at the same point.
- Pick a safe route away from traffic.
- If you're thinking of taking on an activity in a large group, is the route suitable without causing any obstructions to the general public?
- Are parking and toilet facilities available?
- Is your route suitable for varying mobility needs?
- Is your route suitable in wet weather?
- If your activity involves a group of people, you may need to consider undertaking a risk assessment, along with public liability insurance, depending on the amount of people taking part and the route.



ROUTE IDEAS

If you're still deciding what you'd like to do for your Walk Your Way challenge, you'll find inspiration all across the North West. [Click on the map](#) to visit some recommended walks in your local area.

We recommend you do some preparation before embarking on any of the above routes, including a search of the area to ensure these recommendations have not become outdated over time.

MORE TIPS AND SUGGESTIONS

If you're looking to take on a challenge across multiple days or weeks and would prefer to clock up the steps rather than taking on a big hike, why not consider one of the below suggested options?

- Tie in your daily dog walk with your challenge by completing four laps around your local park every day for a month.
- Take on a step challenge with friends, family, or colleagues by completing 10,000 steps a day throughout the month and see who can top the leader board for most steps completed.
- National Walk to School Week falls in May each year. Why not get your little ones involved and clock up the miles throughout the week while keeping the whole family active?
- Our nurses walk an average of 30 miles every week. Could you match them and total up 30 miles in one month?
- If one of our hospitals is special to you and your family, you may choose to cover the equivalent distance between your home and the hospital. Or you may wish to cover the distance between two of our hospitals if there is more than one you wish to support. Why not challenge your friends, family or colleagues to help you tally up the miles and complete the challenge as a team, each taking on an equal number of miles.





WALK YOUR WAY

WHEN

WHERE

FIND OUT MORE

**RAISING
MONEY
FOR**



Find out more at
mftcharity.org.uk

Registered charity 1049274.



Manchester Foundation
Trust **Charity**

DONATION FORM

Thank you for taking part in this year's Walk Your Way 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**

WALK YOUR WAY

**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.

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Registered Charity 1049274.



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