



LANTERN WALK

Heaton Park
Saturday 9th November

With thanks to our sponsors

Happy Linen Co.

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Event guide
and fundraising tips

Manchester Foundation
Trust **Charity**

Hello

Thank you for registering to take part in this year's Lantern Walk. You are now part of our team of wonderful walkers, who all want to make a difference to patients cared for by our family of hospitals.

What next...

1 Set up your online fundraising page
Setting up a JustGiving page will make it easy to share your fundraising with friends, family, or colleagues. You can also use your JustGiving page to specify whether you are supporting one of our individual hospitals that's close to you. To set up your challenge visit [JustGiving](#).

2 Does your employer offer matched funding?
If they do, consider asking them to match the amount you raise, £ for £, to really boost your fundraising total.

3 Tag us on socials
If you're taking photos at the event and sharing with your followers, don't forget to tag us on socials using [@MFTcharity](#) [#lanternwalk](#)

 Manchester Foundation Trust Charity

 @MFT_Charity

 @MFTCharity

Top fundraising prize

The three participants who raise the most money at this year's Lantern Walk will win some incredible bedding and home accessories goodies courtesy of Happy Linen Company, the bedding and accessories outlet. The prize is open to all of our participants in this year's event. Terms and conditions apply which can be found [here](#).

Happy
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Co.

1st Prize

A bedding bundle for all the family including fleece blankets, bunting, bedding sets and much more worth over £200.

2nd Prize

A £100 voucher to spend at Happy Linen Company's online store.

3rd Prize

A £50 voucher to spend at Happy Linen Company's online store.



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

Thank you for supporting our hospitals – we can't wait to see you at Heaton Park!

Visit happylinencompany.co.uk to view the range:



The difference you will make.....

The money raised by this year's Lantern Walk will help make a difference to the 2 million patients cared for across our family of hospitals each year.

Here are just some of the examples of how your fundraising can make a real and lasting impact:

£20

Could help purchase a **lifelike animatronic cat or dog** to provide comfort to patients who have 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.



£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.

£250

Could provide several **home comforts in specialist bereavement rooms** for grieving parents experiencing the loss of their newborn child.



Key Event Information

Heaton Park is open from 8am until dusk every day and you can find out more about the park at manchester.gov.uk/heatonpark

Public transport to Heaton Park

Heaton Park is easily accessible by tram and bus.

Tram: The nearest Metrolink stop is Heaton Park on the Bury Line. Metrolink offers Park & Ride at many stations – visit metrolink.co.uk for more details.

Bus: Heaton Park is served by the x35, 59, 90, 135, 149, 156, 164 and 484 buses. Visit tfgm.com/buses for more information.

Parking at Heaton Park

If you plan to travel to Heaton Park by car, we recommend that you use the **Hall Car Park** (sat nav M25 2SW). Hall Car Park has parking for 250 cars. There are several other car parks located around the park however Hall Car Park is the most closely located to the Lantern Walk start area. Hall Car Park is easily accessible using the St Margaret's Road entrance to Heaton Park.

Heaton Park operates a pay and display system in all car parks.

Lanterns and participant bibs

Lanterns and participant bibs (paper numbers to be attached to clothing on the chest with safety pins) will be posted to the lead booker before the event. Please ensure the vital information is completed on the reverse of each bib and bring them with you on the day of the event. If you have not received these one week before the date of the event, please contact us at charity@mft.nhs.uk



Arrival time and location

Meeting point: The Stables Café (open to participants from 2:00pm)

Event start: 3:15pm at Heaton Hall

We advise that you arrive at the start line no later than 2:45pm.

The quiet walk will commence at 2:45pm.



As well as enjoying the scenic route, there will be entertainment on the day from The Night Creatures band and Alibi Production's stilt walkers along the route.

Frequently Asked Questions

What do I need to bring with me on the day?

Please bring your lantern, spotter sheet, walker bib and safety pins. Please write an emergency contact number on the reverse of everyone's walker bib before you arrive at Heaton Park. Please dress and wear footwear that is appropriate for the weather conditions on the day.

We strongly recommend bringing a torch with you for use when leaving the park. There is no lighting in the park, and it will be dusk or dark when you leave. Participants can, of course, also use their lanterns!

Is there anywhere to store personal belongings?

We are unable to store any items for participants so please only arrive with items you can take with you on the walk.

If I arrive early, what can I do before the event starts?

There's lots to do in Heaton Park so you may want to make a day of it. You can have a look around the Animal Centre, have a picnic in the park, have a warm-up by strolling around the lake or have a coffee in the Stables Café. There are great play parks as well – one near the Hall Car Park and one by the lake.

If I want to change distance routes on the day is this possible?

Yes, you can change routes on the day if you wish, simply follow the appropriate 2km or 5km course. You do not need to advise our staff if you wish to change routes.

Are dogs allowed?

As this is a family friendly event and some children are scared of dogs, we ask you to leave your dog at home. If you do need to bring your dog, please note that you must always keep them on a lead, and that you are responsible for keeping them under control and for clearing up any fouling. Dogs which are banned under The Dangerous Dogs Act 1991 are not permitted on site.

Is the route pram and wheelchair friendly?

Yes, the routes have been planned to ensure they take place on pathways within the park. Due to the layout of the park, some of the route does go uphill and downhill, and some terrain may be uneven.



What if my child gets lost/I find a lost child?

Every registered participant, including children, will be given a walker bib. Please ensure Emergency Contact details are written on the reverse of the event bib. This is particularly important for children.

It is important that all participating children are accompanied by a parent, guardian, or appropriate adult at all times during the event. If you become separated from any child in your care during the event, please alert the nearest Event Marshall who will arrange for your child to be brought back to the Charity tent outside the Stables Café.

If you find a child who has been lost, please escort the child to the nearest Event Marshall who will telephone the Emergency Contact written on the back of the child's walker bib and escort the child back to the finish area.

Will it be dark?

The event will begin in daylight but will close as we approach dusk, allowing lanterns to twinkle brightly. There are points on the route which are naturally darker, including in the tunnel at the end of the route, so the lanterns will glow even more there.

Event Marshalls needed

If you know anyone who may wish to support the event by being a volunteer Event Marshall, please ask them to contact charity@mft.nhs.uk for further details.

Will the event be cancelled in adverse weather?

We will be monitoring the weather forecast in the run up to the event. In the event of severe rain or snow forecast, we will consult with the Park Authorities as to whether the event can go ahead. In the event of cancellation, we will post on our MFT Charity Facebook, Twitter, and Instagram pages. We recommend that you follow one or more of these accounts in the lead up to the event.

Sponsorship

We ask all participants to consider raising sponsorship for taking part. The money raised will make a difference for the 2 million patients, and their families, cared for by our family of hospitals each year.

We recommend that sponsorship is collected using a JustGiving online sponsorship page (see details on page 2 of this pack). If you collect sponsorship in cash or cheques, please send it to us after the event using the form enclosed at the back of this pack. Please do not bring cash or cheques to Heaton Park as this is a cashless event.



Park and Route Maps



Donation Form

Thank you for taking part in this year's Lantern Walk 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, Cobbett House, Oxford Road, Manchester, M13 9WL

Thank you!



With thanks to our sponsors

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LANTERN WALK

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

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