

GREAT MANCHESTER RUN

18th May 2025



4K

6K



**FUNDRAISING
GUIDE**

Manchester Foundation
Trust **Charity**

WELCOME TO THE TEAM!



Thank you for registering to take part in the 2025 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 £150 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](https://www.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 2025.

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 a hyrox, 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 and training snood! 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 two weeks 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.

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 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!

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.

 @MFTCharity
 @MFT_Charity
  Manchester Foundation Trust Charity

Record videos of your training. Share your progress with your supporters and upload videos across your social channels.

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

Guess the time!
Ask your colleagues to guess your time for completing the Great Manchester Run with a donation per guess. Once you've completed the run, you can award the closest time with a prize.

Extra donations
To help increase your fundraising total, you could ask colleagues, family and friends to donate an hour's pay. To make it really interesting, you can enter everyone who donates into a prize draw for the chance to win a small prize.

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.

Get your colleagues involved!
Start an after-work run club to help with training and team building. Whether your teammates are taking part with you or you're running solo, this is a great way to get your colleagues involved with your fundraising.

THE DIFFERENCE YOU WILL MAKE

The money raised by taking part in this year's Great Manchester Run 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 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.

£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.

£250

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

£400

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



FAQs



We've pulled together a list of handy FAQs to make sure you have all you need ahead of the big day.

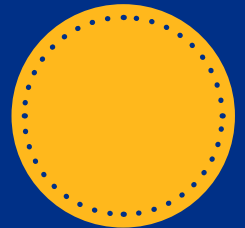
WILL I RECEIVE A CHARITY T-SHIRT TO WEAR ON RACE DAY?

As part of the registration process, you will have been asked if you would like to receive a free charity t-shirt. To claim your t-shirt, you must commit to raising sponsorship by setting up a JustGiving page. We will be notified automatically by JustGiving once your page is live and will then post your t-shirt to you, using the address you supplied when you registered with us. Please allow up to 14 days for this.



WHAT IS A RACE TOKEN AND WHEN WILL I RECEIVE ONE?

Tokens are part of the registration process and must be redeemed to ensure a place in the run. Your token will be emailed to you from [Let's Do This](#). Tokens are sent out a few days after initial registration. If you have not received your token, please check your Junk/Spam folders.



WHERE WILL I FIND INFORMATION ABOUT WHAT TO DO ON RACE DAY?

Your running number, wave, start time, and key locations will be included in your Great Manchester Run pack that will be posted to you directly by the Great Run Company in the weeks leading up to the event. If you change address, please update your registration details with the Great Run Company here: www.greatrun.org/contact.



WHAT HAPPENS IF I DON'T RECEIVE MY RUN PACK?

If you have not received your Run Pack in the post, you will be able to collect it in person on the morning of the event. See here for further information www.greatrun.org/events/great-manchester-run/.



HOW DOES THE FUNDRAISING PRIZE DRAW WORK?

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, including the 10K and half marathon races.



We will review everyone's JustGiving page on Monday 30th June 2025 and will inform the winners by Friday 4th July 2025.

Terms and conditions apply, which can be found at mftcharity.org.uk/events/great-manchester-run.

IF THERE IS ANYTHING I'M NOT SURE ABOUT, WHO SHOULD I CONTACT?

If you have questions about your fundraising or t-shirt, please get in touch with the Charity team.

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



Questions about the logistics of your race entry, or changes to your registration details – including your postal address, should be directed to the [Great Run Company](#).

Any information about race registration will be sent to you by [Let's Do This](#).



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, Cobbett House, Oxford Road, Manchester M13 9WL.

THANK YOU!



Manchester Foundation
Trust **Charity**

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.



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