

Let's do this!

I'm proud to make a difference to my Manchester NHS hospitals by supporting Manchester Foundation Trust Charity!

Month: _____

My goal
this month: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

"Thank you so much for signing up and fundraising for this amazing cause! Stay focused on your training and you can do this! The best challenges in life involve sweat and tears – believe in yourself. Always remember you are benefiting thousands of incredible babies, children and adult patients in Greater Manchester."

Sam Quek MBE is an Olympic gold and European gold medallist for hockey. She's also a sports presenter and columnist and starred in I'm A Celebrity... Get Me Out Of Here!



My challenge is:



  Manchester Foundation Trust Charity



@MFT_Charity



@MFTCharity

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

Manchester Foundation
Trust **Charity**

Top training tips

You're making a huge difference and we're here to support you every step of the way. Thank you!

We have put together our best tips to ensure that you are making the most of your challenge and that you are well prepared before you start on your fundraising journey!

- **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 whilst training for your challenge.
- **Create a training plan** There are various different 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.
- **Track your progress** Print out the motivational calendar on the front of this sheet and track your training progress. You can set yourself new goals to ensure you are hitting those targets and really pushing yourself!
- **Nutrition is key** It's really important you are fuelling your training appropriately. Picking a suitable diet will ensure you are at your best and will help you to increase those 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 the playlist!
- **Reflect and reward** It is 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 those 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 on 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 challenge. And don't forget to share on social media – this will help you to promote your challenge to friends, family and colleagues.



"Once I'd mentally made that commitment and had my training plan, I just broke it down and went for it! My JustGiving Page was shared far and wide and I was blown away with the generosity. Importantly, I remained focused on why I was doing it.

Completing my first marathon was an incredible personal achievement. The impact our team made was all the inspiration I needed."

Andy Smith, London Marathon Runner 2019

In support of:

Manchester Royal Infirmary
Wythenshawe Hospital
Royal Manchester Children's Hospital
Manchester Royal Eye Hospital
Saint Mary's Hospital

University Dental Hospital of Manchester
Withington Community Hospital
Trafford General Hospital
Altrincham Hospital
North Manchester General Hospital



**Manchester Foundation
Trust Charity**

Top fundraising tips

Try to share your challenge with as many people as possible and across various different platforms. We've put together this handy guide to help you maximise your fundraising and ensure that your sponsorship money starts rolling in.

Your fundraising will help to make a difference to the millions of patients across our family of hospitals.

- **Create a JustGiving page** One of the most popular online fundraising sites is JustGiving, but there are also other sites, such as Virgin Money Giving. Setting up a page is really simple and will take you a matter of minutes to complete. Search for Manchester Foundation Trust Charity and make sure to include which hospital you are fundraising for on your page.
- **Share on social media** 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.
- **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.
- **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 training miles completed during each training session.
- **Record videos of your training** Share your progress with your supporters and upload videos onto YouTube or perhaps create your own vlog.
- **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.
- **Link your activity to Strava** Join our [MFT Charity Strava Club](#)! Go to 'Groups' and then 'Clubs' on the Strava app and search for 'Manchester Foundation Trust Charity'. Share your activity and connect with fellow athletes or showcase your training and get sponsored to draw paths from your activity.



It is important that your supporters are aware that you are fundraising on behalf of our Charity. Make sure you include information on the Charity and what it is we do. We can support you with your charity message or check out the website for an overview of how we support our hospitals and their patients: mftcharity.org.uk

Please get in touch with the Events Team on charity.events@mft.nhs.uk or call **0161 276 4522**.



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