

# MTW

Exceptional people,  
outstanding care

# charity

# NHS

Maidstone and  
Tunbridge Wells  
NHS Trust



***“Give it your all. Go the distance. Do it your way.”***

Dame Kelly Holmes  
Double Olympic Champion

*Go the Distance is supported by...*



[mtw.fundraising@nhs.net](mailto:mtw.fundraising@nhs.net)

Charity No. 1055215



## A Message from Dame Kelly Holmes

*“The NHS have rightly been recognised as heroes during Covid 19, however I have always applauded them, especially knowing the exceptional care they had given my mother in her final months.*”

*My mother worked for the NHS for over 30 years and received treatment and care at the oncology department and wards at Maidstone Hospital. Appreciation goes further than just at a time of a pandemic and that’s why I am supporting this cause so please get behind ‘Go the Distance’ to support your local NHS staff.”*

## About MTW Charity

Maidstone and Tunbridge Wells NHS Trust Charitable Fund (MTW Charity) is a local registered charity, which helps to enhance the standard of care, services and facilities provided to patients, relatives, visitors and staff across Maidstone and Tunbridge Wells Hospitals.

We are very grateful to all our supporters who have donated their time to raise funds for us. Your support makes a real difference and helps to add value to the patient experience. For example charitable funds recently helped the trust to purchase medical equipment supporting the cardiology and oncology departments.

## Go the Distance

Thank you for signing up to Go the Distance for MTW Charity! Whether it be 5k, 10k, a half marathon or a full marathon, and however you choose to complete it, every participant and every donation is guaranteed to make a difference.

This event focuses on wellbeing, both physical and mental. All funds raised will therefore be invested into staff welfare initiatives as part of our staff support package to staff in response to the Covid 19 pandemic.

Complete the challenge and fundraise a minimum of £10 and you will qualify for a bespoke medal celebrating your achievement and contribution to your local hospital trust at a time when we need each other the most.

Don't forget to let us know how you are getting on and allow us to celebrate your achievement with you by following, posting and tagging us on social media using the hashtags #MTWGTD #GoTheDistance #GivingSomethingBack #ThankYouNHS



Maidstone and Tunbridge Wells NHS Trust  
Charitable Fund



@mtwcharity



@MTWCharity

## How to Donate

There are several ways you can make your donation or to raise additional funds for the charity. There is a fantastic prize for the top individual fundraiser which has been very kindly donated by The Zero Waste Box Co. See our social media portals for more details.

- ✓ To donate £10 text MTWGTD to 70085
- ✓ Make an online donation at:  
<https://www.justgiving.com/mtwnhscharitablefund>
- ✓ Set up your own Just Giving page and link it to our charity page
- ✓ Do it your way!

## Completing the Challenge

In order to qualify for a medal we will need to see that you have completed your distance and achieved your fundraising challenge.

Please submit either a fun photo of yourself completing the distance, or a screenshot of your GPS tracked route and time alongside evidence of your donation/fundraising activity to [mtw-tr.gtd@nhs.net](mailto:mtw-tr.gtd@nhs.net)

Medals will be posted out as soon as possible following the close of the event.

### **Government Social Distancing Guidelines**

#### **Staying Alert and Staying Safe**

Everyone's actions have helped to reduce the transmission of coronavirus in our communities. As the UK moves to the next phase in our fight against coronavirus, the most important thing we can do is to stay alert, control the virus, and in doing so, save lives.

While we are all grateful to be allowed to exercise as many times as we like outside, please ensure that you comply with all applicable legislation and guidance on social distancing in the area in which you are completing the challenge. To find out more about the current guidance, please visit <https://www.gov.uk/coronavirus>

#### **Hints & Tips**

- ✓ Safety First – your own, as well as others
- ✓ Keep hydrated
- ✓ Warm the body up
- ✓ Plan your route
- ✓ Dress for the conditions – make sure that you can be seen

It is about the distance, not about the time, go at your own pace! And don't worry if it is hard at first, everybody struggles! You know your body best, please listen to it!

## **MTW Go The Distance – Age is no barrier!**

*Age is just a number – there are no limits – get the whole family involved!*

Get the children involved in Go The Distance, by walking, running or cycling 1km, 2km or 3km.

## **Fundraise for your medal**

Raise £10 or more!

Show us how much you raised with a colourful poster and a snap!

**Want to register your children to get involved? Email us at [mtw-tr.gtd@nhs.net](mailto:mtw-tr.gtd@nhs.net) with your name, address and whether or not you consent to sharing photos on social media.**

*Please note, for Under 13's please ensure that you have adult supervision whilst going the distance.*

Thank you again for Going the Distance for Maidstone and Tunbridge Wells Hospital staff. Best of luck in your challenge, we cannot wait to see how you get on!

*“Give it your all. Go the distance. Do it your way”*