



## *Mr T's Marathon for Mental Health 2020*

This year marks 30 years in teaching for Mr Tindall & Mrs O'Neil and we plan to celebrate this significant milestone with some special events during 2020.

Our flagship event will be a 26 mile marathon walk from Westminster Cathedral to Holy Family on Saturday 27<sup>th</sup> June, followed by a BBQ and party in the school grounds.

Alongside celebrating all the things that make teaching special, the main aim of this event is to raise enough money to establish a fund at Holy Family to support children's mental health.

Initial information is attached and further details will be available after half term but we need your support now!

We are running a 'Design the event logo' competition which is open to every family in the school. The winning logo will be featured on all the official marathon merchandise including t-shirts, water bottles and more.

So, get creative and your work could be seen by thousands of people! Entries can be hand-drawn or computer generated. Please ensure the logo is NOT coloured in as we will send the winning design to be printed in the official event colours.

Good luck everyone!

### Why a Marathon for Mental Health?

With a reduction in mental health and family support services available to all within the community, we have recently seen a large increase nationally in young people suffering from anxiety, depression, stress & other mental health issues. We would like to support as many people as we can within our school and local community so establishing a fund seems the most appropriate course of action. Let's change the mental health crisis together!

### How will we raise money?

We will be setting up a Crowd funding page over the Easter break and will also be sending out a sponsor form to every family within the school. Please encourage your family, friends, neighbours, work colleagues etc to support the marathon fund. We are also looking for local businesses or individuals to provide any form of sponsorship or partnership. Please contact us if you know anyone who may be interested.

Our initial aim is to raise a minimum of £6,000. If all of our 168 families can generate £20 each through sponsorship, we would hit £3,360 straight away! We are also being supported by Xavier CET, St George's and St James' Twickenham.

### Marathon Route:

9.00am Depart from Westminster Cathedral and walk to Holy Family via:

Stage 1: St Mary's College, Twickenham, St James' School, Twickenham, Stage 2: Cardinal Newman, Hersham

Stage 3: St George's College, Weybridge.

Stage 4: Approximate arrival time at Holy Family 6.00pm

### Who is involved?

Currently Mr Tindall will be joined by 5 others for the entire 26 mile route. Anyone is welcome to join in, at any stage, for any length of journey. We would love as many Holy Family children, parents and grandparents to join us for Stage 4 from St George's College to Holy Family.