

Going *the* Distance 2.0

The lost miles

MILEAGE TRACKER

Week 1	Week 2	Week 3	Week 4	Week 5
SEPT	Monday 7	Monday 14	Monday 21	Monday 28
Tuesday 1	Tuesday 8	Tuesday 15	Tuesday 22	Tuesday 29
Wednesday 2	Wednesday 9	Wednesday 16	Wednesday 23	Wednesday 30
Thursday 3	Thursday 10	Thursday 17	Thursday 24	
Friday 4	Friday 11	Friday 18	Friday 25	
Saturday 5	Saturday 12	Saturday 19	Saturday 26	
Sunday 6	Sunday 13	Sunday 20	Sunday 27	
Weekly total	Weekly total	Weekly total	Weekly total	Weekly total

Remember to tell us your miles on a weekly basis, if applicable, so we know how many of 'The Lost Miles' have been reclaimed.

Please record your mileage per person. For example, if there are two people in your household and you each walk 5 miles in a week, your total for that week will be 10 miles.

You can enter your miles in the Mileage Tracker on our Going the Distance event page at www.friendsofanchor.org

How your miles help

This period is unlike anything we have seen in the charity's 22-year history. With our annual income down 54% from this same time last year, we're grateful for every pound donated, every penny raised and every mile covered.

During the pandemic, we remain fully committed to ANCHOR patients and staff in supporting them wherever the need lies, with a good measure of adaptability in there too. This includes:

£124,756.36 of approved equipment funding to help transform patient treatment and care

£59,890.23 invested into our staffing commitments within the ANCHOR Unit

£15,000 re-directed into crucial Covid-19 research

4,623 lunches provided for ANCHOR Unit staff, removing the burden of daily lunch prep at home

Hundreds of hours of virtual support for staff and patients through our newly-expanded services which are continually adapting

How many miles will you reclaim?

Looking for inspiration? Check out our Lost Miles List on our Going the Distance 2.0 event page at friendsofanchor.org

