

Captain Sir Tom Moore Inspires Excelcare

Last week, Excelcare were inspired to carry on Captain Sir Tom Moore's charitable efforts and undertook an Excelcare 'Walk of Hope'.

As part of a group-wide effort, residents and team members walked laps of indoor or outdoor spaces, or set goals in steps or miles, in memory of Captain Sir Tom Moore and all those who have lost their lives to COVID-19. The event also set out to raise money for The Excelcare Benevolent Fund; this charity helps to support team members and their immediate family should they find themselves in need, through reasons of ill health or bereavement.

Residents and team members were excited to get involved and begin walking; read on to see how each Care Home and Central Support Team members got involved with our Walk of Hope.

Central Support Office

Excelcare's CEO, Ozzie Ertosun, took the lead and walked 10,000 steps for the Walk of Hope. Even though it had snowed, Ozzie wrapped up and ventured out, not letting the icy conditions get in the way of his pledge. His route took him around his local area in Chislehurst, which finished back at his home.

Sam Manning, Excelcare's COO, also took part in the Walk of Hope. She was joined virtually by the group's four Regional Operations Managers, and together they walked 10 laps of their local area whilst on a video call.



Quality Governance and Development

The Quality Governance and Development Team decided to take part in a group effort towards the Walk of Hope.

They each picked out a local beauty spot close to them to do their walk dedicated to Sir Tom. Some people took their dogs along for the walk too and had a lovely time raising money for The Excelcare Benevolent Fund.

As a team, they managed to complete a combined step count of 60,102 – a very admirable effort!



Castlebar

Residents and team members took part in the Walk of Hope together. To honour Captain Sir Tom Moore, they held pictures of him and for those with Walking aids, they attached the pictures to them.

Together, the group completed 6 laps before relaxing with a cup of tea.



Peartree

Residents of Peartree Care Home took part in the Walk of Hope by walking laps of the corridor together.

They dressed up for the occasion, wore colourful head scarves and attached picture of Captain Sir Tom to their shirts in fitting memory of his incredible efforts.

Team members joined in, completing laps alongside residents and in total, they managed to complete 50 laps!

An incredible effort from all involved!



The Willows

Team Members at The Willows Care Home in Great Linford took part in the Walk of Hope last Saturday, by walking around their local park and grounds of the home. In a fitting tribute to Sir Tom, they attached pictures of him to their clothing and wore the number 100; the number of laps they aimed to achieve.

They also displayed British flags around the home in honour of the British icon and after the laps were counted, they had completed a total of 157 laps, smashing their original target.



Stanley Wilson Lodge

Music from the 1940's played as the residents completed laps inside the home at Stanley Wilson Lodge

Those who weren't able to take part cheered the group on from their chairs whilst waving Union Jack flags. Everyone enjoyed singing along to the tunes in the background, which inspired them to keep going.

Together, they completed 25 laps and said it was lovely to be a part of something so special.



Hunters Down

In true Hunters Down fashion, the team and residents showcased their Walk of Hope in video form, thanks to the editing skills of Lifestyle Coordinator, Kristine.

Those who were able to walk along the corridors with team members, while those who are less mobile did some steps on the spot whilst seated.

While they walked, they sang 'You'll never walk alone' in fitting theme of the fundraising activities. This made one of the residents Joan feel quite emotional, as she remembered the heroic actions of Sir Tom and other connected memories from her life.

By the end of their walk, the group managed to complete a total of 104 laps!

Watch the video here:

<https://www.facebook.com/HuntersDownCareHome/posts/716802882341135>



Well done to all the homes who took part! Everyone had a wonderful time celebrating the memory of Captain Sir Tom Moore and picking up where he left off to raise money for a good cause.

Together, the Excelcare Family completed a total of 1053 laps, raising a total of £375 for The Excelcare Benevolent Fund.

