



DO IT YOUR WAY

Friday 30th April – Monday 3rd May

#CAPTAINTOM100



Dear Captain Tom 100 Supporter,

Thank you for downloading your fundraising pack for The Captain Tom Foundation. I am delighted to share with you more information about the “[Captain Tom 100](#)” event and a set of useful tools to support your fundraising.

On 6 April 2020, my father, Captain Tom Moore set out to raise £1,000 by walking 100 laps of our family garden before his 100th birthday – the story that followed we could have never imagined.

Friday 30 April 2021 should have been the celebration of Captain Tom's 101st birthday. We are inviting the UK, and the rest of the world, to use this moment to celebrate my father's generosity of spirit, the hope and joy he brought to millions, and his sense of fun, by taking part in the Captain Tom 100 over his birthday weekend - [Friday 30 April to Bank Holiday Monday 3 May](#).

It's so simple – dream up a challenge involving the number 100... sit ups, press ups, pancake tosses, smiles, miles or anything that inspires you, to raise much needed funds for The Captain Tom Foundation – a charity I set up with my father to ensure his message of hope becomes a lasting legacy. Don't forget to tag us on social media using [#CaptainTom100](#) so we can cheer you on!

Covid-19 has had a terrible impact on our emotions, our lives, our communities and our economy. The Captain Tom 100 will be a weekend of activity, fun and fundraising; and a time when the United Kingdom and the world can remember “[Tomorrow will be a good day](#)”.

The nation's mental health has been damaged significantly by the events of the last year, which have had a disproportionate impact on younger people and the disadvantaged. This was something my father felt passionately about, and we want to use The Foundation to help as much as possible. Through your support we can do just that. [Click here](#) to find out more about the amazing organisations we are supporting.

[Here is a link](#) to a few of our friends showing you just how the Captain Tom 100 challenge is done!

Thank you for your support. Together we can create an extraordinary event to celebrate Captain Tom and bring hope to millions.

Best wishes,

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Hannah Ingram-Moore
The Captain Tom Foundation