



Dorset Walk

The Malcolm Whales Foundation

- A feel-good charity.
- Introducing children to charity and thinking of others.
- The Dorset Walk will change your children...for the better!
- Making a difference!



The charity now organises numerous fundraising events each including: Sports Marathons, Golf Days, various sports tournaments and our annual July 40 mile sponsored walk in Dorset. ([link to the 5 year video](#))

As a charity we 'take steps to beat cancer' meaning we try to make a difference by being active and having fun, whilst challenging ourselves physically. The impact the charity has had on the people it have been involved is incredible. The Foundation is a team that works hard together, once you get involved you are hooked!

[Malcolm's story](#) →

Extremely successful with our fundraising and at the end of 2024 we have raised over £620,000.

Had a direct impact on people/individuals. Where possible we have worked with the fundraising, and the final outcome.

Provided 12 weeks of outward bounds cancer support, paid for 12 houses, bought a charity support boat, completed

£756,000 raised since 2009

132,000 Dorset miles walked

6000+ participants in all events

2009 walking since

We also have charity partners that we have donated to annually. Our most recent project was to build a £90,000 project to build a Lakeside Retreat for families affected by cancer. Link to: [Malcolm's Retreat](#)
Malcolm Whales Foundation

If you are interested please sign up to one of our events. If that is not possible we would welcome all levels of support. If you are here looking for help or in contact, that's what we are here for!



The Woodlands Garden





NORTH WEST HOSPITALS CHARITY

Above for our
and staff

CON-DRAC-ULATIONS!

tmwf
Taking steps
to beat cancer

CON-DRAC-ULATIONS!

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to beat cancer

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CON-DRAC-ULATIONS!

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Ambulatory Care Unit
Haemodialysis Unit

Emergency Centre (A&E)
Staff Accommodation
The Cafeteria

NORTH WEST HOSPITALS CHARITY





Dorset Walk 2025

£1

PER PERSON

Which additional charities should we support by our walk this year?

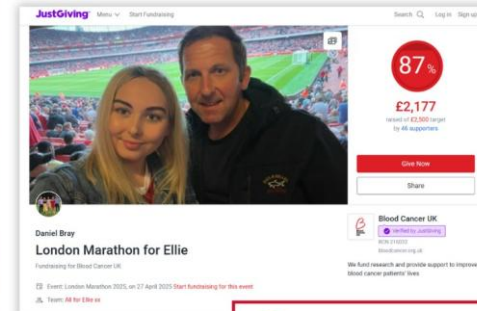
Nominate NOW!



We have donated to

Blood Cancer UK via

justgiving.com/page/daniel-bray-londonmarathon



Best of luck for the Marathon Daniel!

The Malcolm Whales Foundation 10 days ago

Best of luck for the marathon! We were struck by Ellie's story and thought how much she did for charity during her treatment showed incredible character. It's amazing what you're doing in her name!

£1,000.00



We have donated to

Making Millie Mobile

https://www.gofundme.com/f/making-millie-mobile-help-her-take-her-next-steps



The Malcolm Whales Foundation
£1,000 - 2 mins

TMWF are a local Cambs charity that 'takes steps to beat cancer'. On behalf of our supporters (the majority of them school children) we hope you reach your target and maybe you can join us on one of our fundraising events in the future!?



Taking steps to beat cancer

TMWF's Respite Lakeside Lodge



Malcolm's Retreat



To be able to pause life for a weekend at the Lodge - in its peaceful and tranquil setting after battling for four years and still currently in-between treatments was just the medicine our family needed. The view is stunning, and the sun shining through the sliding doors felt like an invitation to sit, relax and rest. The children loved watching the birds and walking around the lake.

Damien and all at The Malcolm Whales Foundation enabled us to create life long memories. Precious moments of being together in the most peaceful setting. I can not thank them enough for showing kindness and ultimately love in understanding the challenges we have faced (are still facing) knowing that pausing and having time together as a family is priceless.





THE MALCOLM WHALES CENTRE

WELLBEING CENTRE FOR PEOPLE IMPACTED BY CANCER



The Malcolm Whales Centre

A community cancer support
and wellbeing centre

We're going to need our community
more than ever to make it a reality.





The Dorset Walk

Where is Dorset?



Where we stay



Wareham Rugby Club



Bring swimsuits...



Prepare for the summer!



You are going to experience
'Early Mornings'



'The Away Team' – Thursday Setup



Feeding 600 people...



How do I put up a tent?

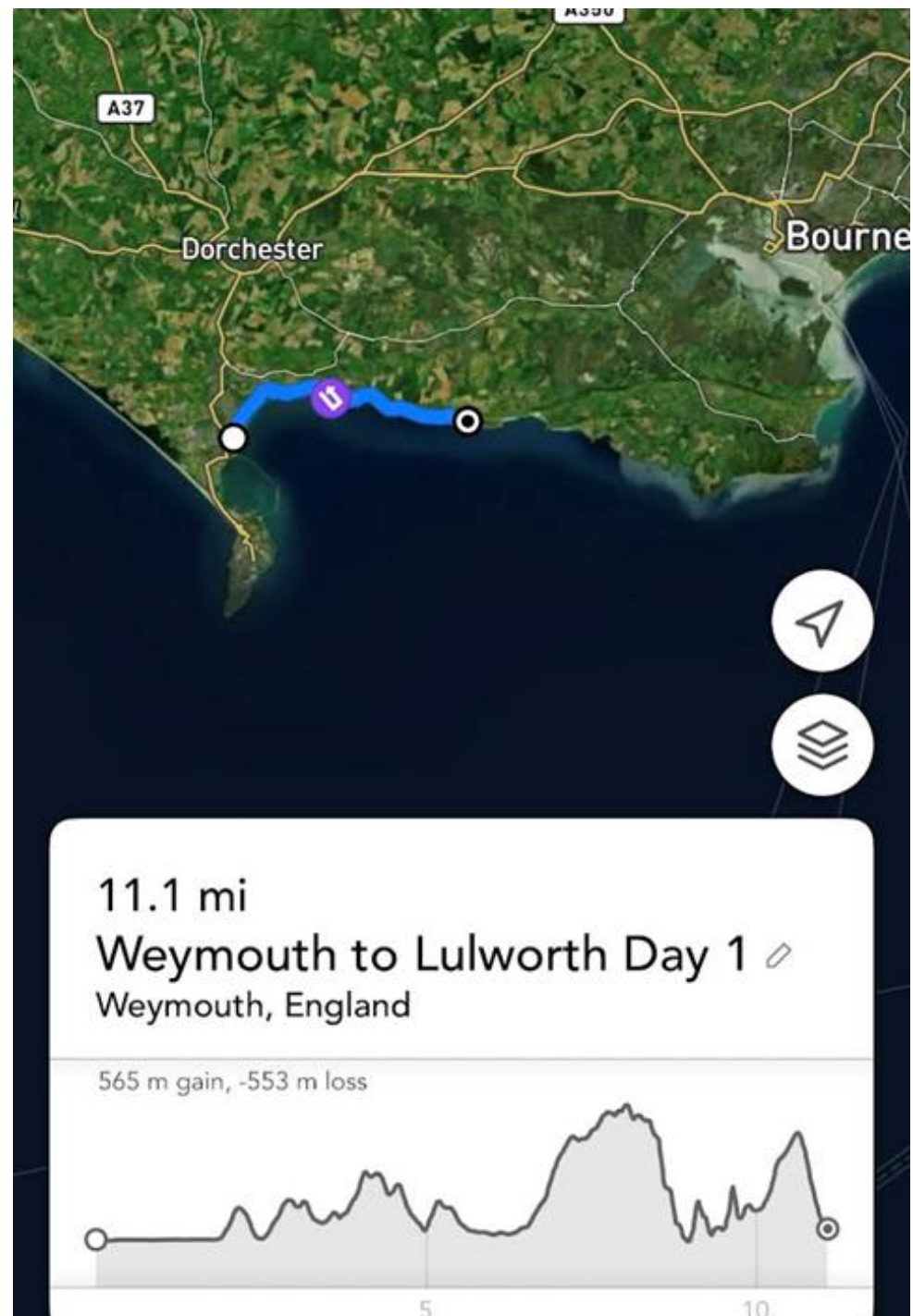




1. Practice putting up your tent up.
Make sure it has all the parts.
2. Who do I share with?
Your friends (the same gender)
3. How many people fit in a two-man tent?
Not two!
4. Blow up mattress? Pillow!
5. Bring a torch – not for the morning!
6. Electricity? Phones? Signal?
7. Noise
8. Separate areas.
9. I don't have a tent.....

Use the equipment list!

Day One





NO DOGS
on beach

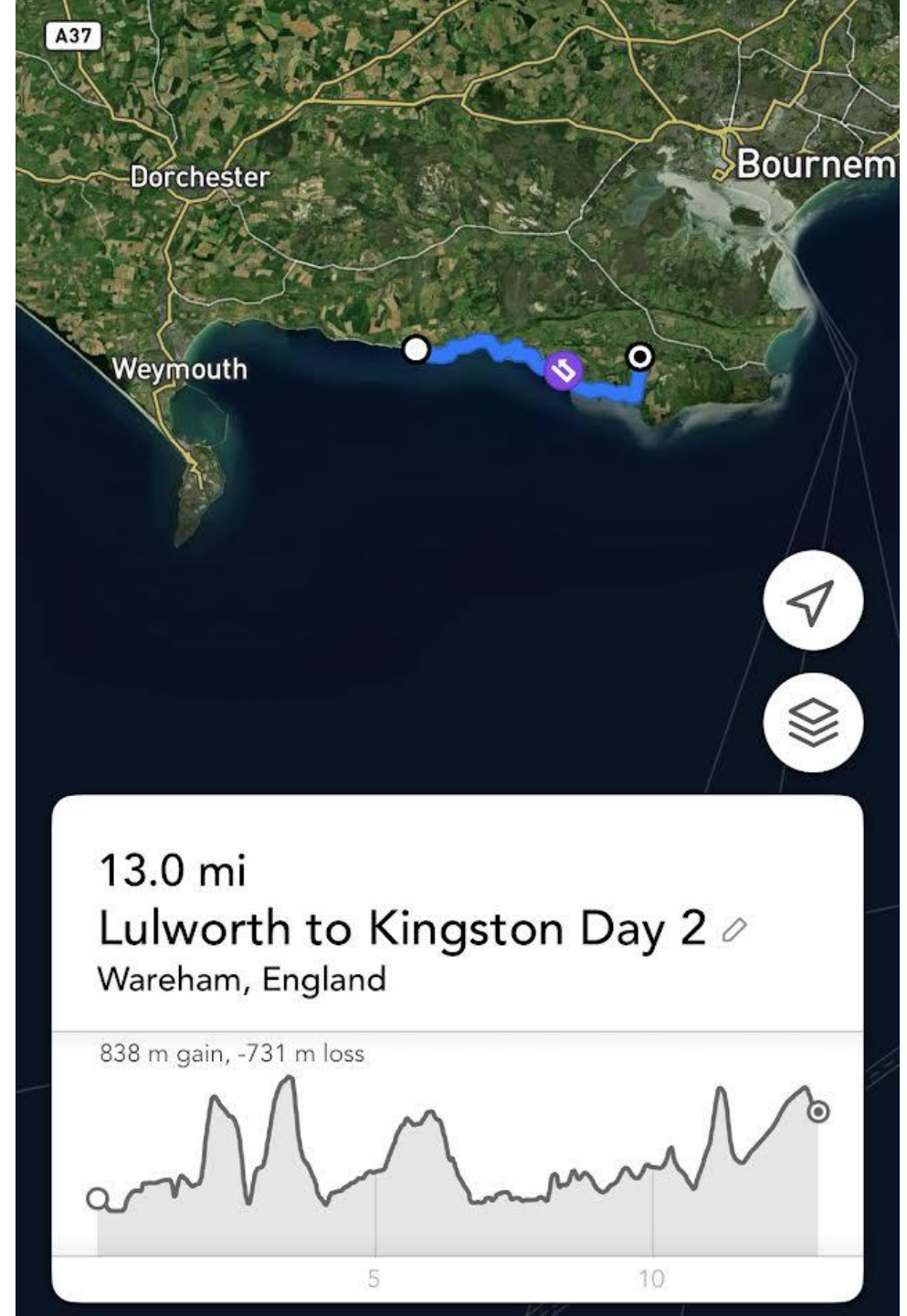
Litter
LITTER HERE







Day Two





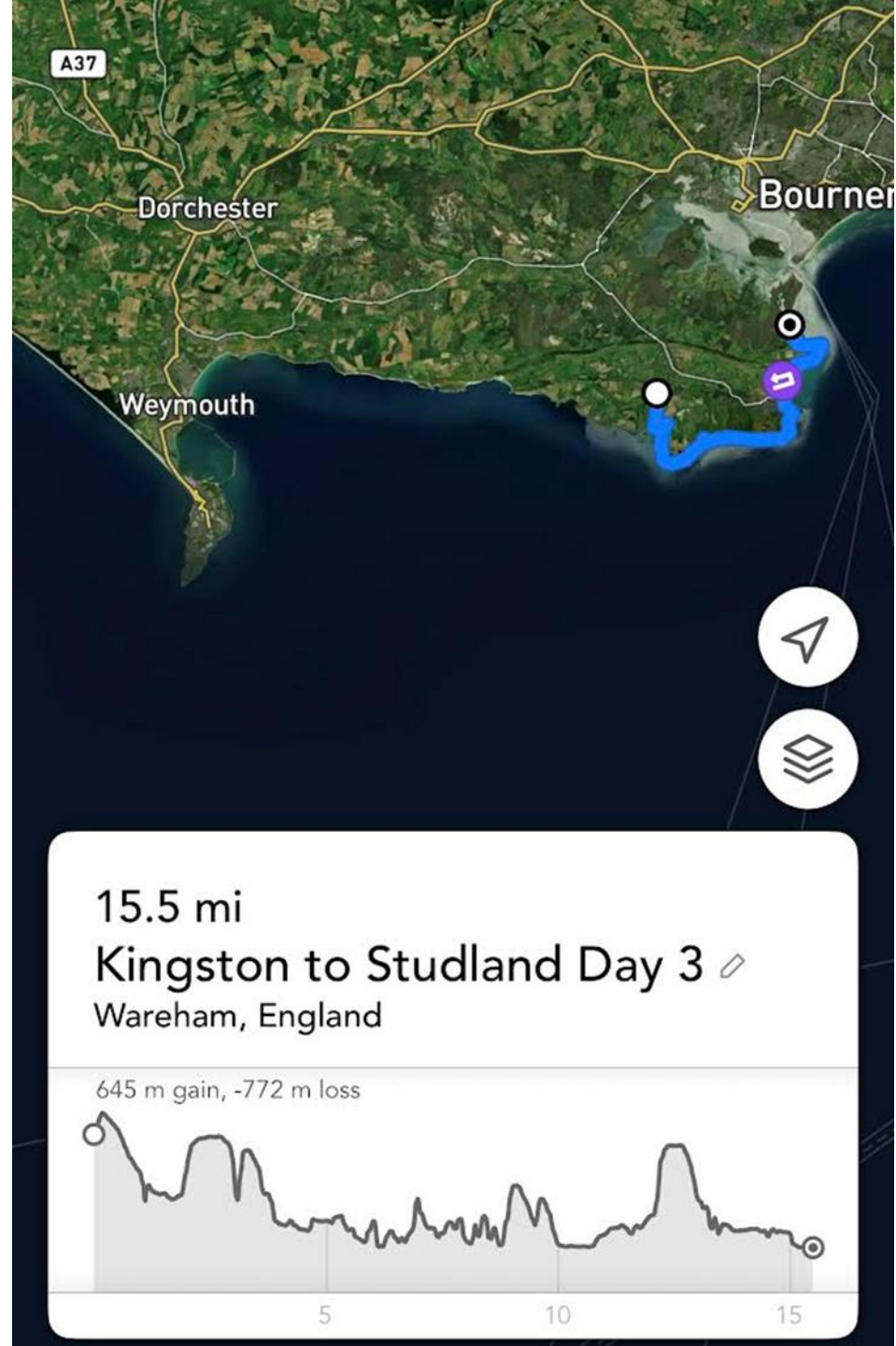








Day Three















How it works:



Day 1 – (Thursday 9th July)

- Meet 8.30-9.00 am at school
- Estimated hours traveling = 4.5hrs
- Stop at the services at Fleet for lunch
- Evening meal –Provided
- The away team leave on Wednesday afternoon – these will volunteer

Luggage/Equipment

- The day before you can bring to reception.
- How much can I bring?

What are we going to eat?

- **Thursday** – Packed lunch/services and then evening meal is provided.
- **Friday** – Packed Lunch and evening meal provided.
- **Saturday** – Packed lunch and Campsite
- **Sunday** – Packed lunch and Swanage
- **Monday** – Travel home and Services stop

Breakfast -individuals require cereal, milk is provided. Bacon Rolls....to purchase

What if I don't like the food?



Monday



- **Day 5**
- **Wake up and get packed up**
- **Fill vans and hit the road.**
- **Expected return to school.....**



The Malcolm Whales Foundation Dorset Walk Equipment List



	Essential	Recommended	Optional
Walking Equipment			
Small Back Pack	X		
Walking Boots/Shoes	X		
Warm Clothing	X		
First Aid Kit	X		
Waterproof Jacket	X		
Waterproof Trousers		x	
Emergency Food (Non – Perishable)	X		
Water Bottle	X		
Mobile Phone	X		
Camping Equipment			
Sleeping Bag & Pillow	X		
Roll Mat/Air Bed		X	
Plastic Bags For Dirty Clothes & Shoes		X	
Bowl/Plate/Mug (Not Glass or China)	X		
Knife/Fork/Spoon	X		
Sun Cream	X		
Tent	X		
Jumper	X		
Warm Jacket	X		
T-Shirts		X	
Trousers		X	
Walking Shorts	X		
Jeans			X
Underwear	X		
Socks	X		
Hiking Socks			X
Cereal		X	
Cordial			X
Money	X		
Wash Kit & Towel	X		
Torch with Spare Batteries	X		

Additional Messages



- Phoning home – they will be out of their comfort zone
- Behaviour - getting it wrong!
- Kit orders
- Footwear
- Quality of Tent
- Permissions -
- Walking.....Please keep up!
- Is it Fun...
- Deadline the date?

Is it hard?







Yes.



Follow us

Linktr.ee/tmwf_uk



The Malcolm Whales Foundation

Ice cream stop! 🍦 #teamTMWF #DorsetWalk2024
33 weeks ago · 3.1K views
👍👍 Keldy Whales, Clair German and 83 other

V Steps live on Facebook soon! #teamTMWF #DorsetWalk2024
33 weeks ago · 4.9K views
👍👍 Keldy Whales, Clair German and 44 other

The Malcolm Whales Foundation's video
33 weeks ago · 2.6K views
👍👍 Keldy Whales, Clair German and 98 other

The Malcolm Whales Foundation's video
33 weeks ago · 1.3K views
👍👍 Keldy Whales, Clair German and 58 other

The Malcolm Whales Foundation's video
33 weeks ago · 1.9K views
👍👍 Keldy Whales, Neil Bradman and 83 other

Day 2 morning yoga! #teamTMWF #DorsetWalk2024
33 weeks ago · 2.8K views
👍👍 Keldy Whales, Clair German and 63 other

Morning everyone! All raring to go for Day 2! #teamTMWF #DorsetWalk2024
33 weeks ago · 1.8K views
👍👍 Keldy Whales, Alison Hutchcraft and 55 other

The Malcolm Whales Foundation's video
33 weeks ago · 3.6K views
👍👍 Keldy Whales, Clair German and 100 other

Lunch at Ringstead, plenty of smiles still! (Give us a follow if you can juggle...)
33 weeks ago · 2.4K views
👍👍 Keldy Whales, Dawn Garrod-Smith and 6 other

Leaving the campsite now, heading for our starting point on Weymouth... #DorsetWalk2024
33 weeks ago · 5.3K views
👍👍 Keldy Whales, Verity Fretwell and 49 other

AMVC tent failures... #teamTMWF #DorsetWalk2024
33 weeks ago · 3.3K views
👍👍 Keldy Whales and 18 others

KSA tent failures... #teamTMWF #DorsetWalk2024
33 weeks ago · 2.1K views
👍👍 Keldy Whales, Nicki Louise and 32 others

tmwf
Taking steps to beat cancer

@tmwf_uk

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- 🌐 Our Website
- 📄 Annual Review 2024
- ⭐ Thank you Tony!
- 🕒 10 hours of sport 2025
- 🏠 Malcolm's Retreat
- 📷 Donate to Malcolm's Retreat
- 🏠 Follow our Facebook Group for Lodge Updates
- 📝 Dorset Walk 2024 : Recap
- 📘 2025 - The Dorset Walk - Facebook Event
- 👤 Ambassador nomination form
- ✉️ Contact Us



Thank you – help us spread the word

