



St Christopher's Hospice

newslink

SPRING 2009:
FUN WALK SPECIAL ISSUE

St Christopher's Sponsored Fun Walk Sunday 31 May 2009: Support us with every step you take



Message
from
Fun Walk
organiser
Belinda
Kearns

It's a real pleasure to be organising St Christopher's Sponsored Fun Walk again. By joining us this year, you'll be helping to raise funds for St Christopher's care home projects and be part of a remarkable community event bringing together around 3,000 people all doing their best for an important local cause.

Why not ask your friends, family and work colleagues to join you and make up a team? With a choice of 3, 5, 8 or 11 mile walks – there is something for everyone. There are no limits to the fun you can have by dressing up or by simply enjoying a countryside ramble with entertainment and refreshments on the way.

To motivate you still further, we have trophies for the oldest and youngest walker, the individual, team and school raising the most money, best fancy dress and best endeavour.

At the 2007 walk the atmosphere was tremendous – and so was the commitment from our walkers and volunteers as well as local pubs, Rotary Clubs and residents.

I want to thank you all in advance for this year's efforts for St Christopher's. I look forward to welcoming you to the Fun Walk!



“We always look forward to the Fun Walk as it provides a wonderful opportunity to bring the community together,” says **St Christopher's Chief Executive, Barbara Monroe.** “We hope that you, and your family, friends and colleagues, will help us to raise £200,000 to support our work with care homes to extend our care and improve the quality of life of residents as they approach the end of their lives.”

Register now! Use the form enclosed or register online at www.stchristophers.org.uk/funwalk

If you need more forms, call the Fun Walk Hotline on 020 8768 4577.



“The Fun Walk has always been a FUN event, a wonderful day out for people of all ages. Join us for a great day - as long as you secure sponsorship the event is free.”
David Stoneham, one of the founding members of the walk, Langley Park Rotary Club



How to register

Please register as soon as possible using the entry form enclosed. If you need more forms you can pick them up from our shops or the hospice – or call our hotline on 020 8768 4577.

Over 18s can register online at www.stchristophers.org.uk/funwalk - forms must be downloaded for under 18s as parental consent is needed.

If, when you fill in your entry form, you pledge to raise £50 or more, we'll send you a free t-shirt. This offer is available on a first come, first served basis to walkers registering before 9 May.

Walkers who have not registered in advance can still join on the day. They will be asked to pay £5 per person or £20 per family which can be deducted from sponsorship money.

Raising sponsorship

When you register, we will send you an entry pack with sponsorship forms and fundraising tips.

“We all have such a good time - and our biggest incentive is that at the 2007 walk our team raised the most money and we were awarded the plate. We want to keep the plate so we will be trying to get as much sponsorship as possible!”
Kim Nelson, Hairbears team

Setting up your own fundraising page on www.justgiving.com is an easy and convenient way to enable your friends, family and colleagues to sponsor you and donate online.

Entertainment and refreshments

Burgess Hill Marching Youth Band leads off the VIP walk at 10.30am. Other entertainment includes Punch and Judy; clowns; DJ; Phoenix Dixieland jazz band and a blues band. This year we have a ‘Kiddies Corner’ with face painting, balloon modelling and magic tricks.

Refreshments include a mouth-watering barbecue and delicious ice cream.

“It’s a good day out and by having a choice of walks it’s suitable for most people. Last time I walked 11 miles, this year I hope to do the eight mile walk. It’s in aid of such a good cause and most people have heard of St Christopher’s, which helps when asking for sponsorship. This year our team hopes to raise £2,500.” **Rodney Scrase, Probus team member, will be 88 when he walks this year.**



Volunteer Shirley MacDonald with Wally the Clown (Ron Blanchard) who will be entertaining walkers again this year with the other half of his double-act, Wilmer.

“So many people dress up it makes a really good atmosphere. The food is good and the entertainment is excellent – music, singers, bands, clowns and more. It is enjoyed by everyone no matter how old they are.” **Shirley**

“St Christopher’s is close to our hearts – it is so special.” **Wally**



“I have walked as a dinosaur, intrepid explorer, cat and finally the white rabbit. The Fun Walk is the epitome of Rotary ideals – the finest way to spend a day. It brings out the best in everyone!”
Mike Setchell, Langley Park Rotary Club



Arrangements on the day

Registration opens at 8.30am. Longest route walkers must register before 1.30pm. For other walks registration closes at 3pm.

Walkers must bring their pledge forms completed with the total amount they will be raising. Each walker will receive a leaflet with instructions, route maps and check points sheet.

Every walker will receive a medal with a ribbon matching the colour of the walk completed: 3 miles (green), 5 miles (red), 8 miles (blue) and 11 miles (yellow).

Transport and parking

East London Bus Group is kindly providing three free buses on the following circular route - Bromley South railway station | Norman Park (where there is car parking - catch the bus on the road) | Hayes station | Keston Common.

Buses run every 15 minutes starting at 8am.

Pubs supporting us on the day

Walkers will be sure of a warm welcome from the landlords and landlady of the three Keston pubs helping us out on the day:

- The Greyhound, Commonsidge – David Lee
- The Fox Inn, Heathfield Road – Keith New
- The King's Arms – Leaves Green – Nicola Rose

School's ten year walking achievement



St Christopher's school has been taking part in our Fun Walk since 1997 and raised more than £20,000. Talking about this remarkable achievement, Alix Purton, teacher and charity coordinator says that in the first year they had just eight walkers and over time the numbers grew to 200. “We got involved because one of our parents was on the staff of the hospice and told us about it. After that, we put it in the school calendar and made a day of it.”

At the start of March Alix already had 70 walkers signed up so it looks like 2009 may be a record-breaking year. Several ex-pupils, now at secondary school, will be taking part – some did their first walk when they were just three years old.

Media support

As our media partner, South London Press is supporting St Christopher's by actively promoting the Fun Walk and the individuals and teams taking part. So keep an eye on the South London Press and Mercury websites www.mercury-today.co.uk and www.southlondonpress.co.uk



“We have three drivers on each bus, some drive some talk, it creates a good atmosphere before the walkers arrive.”
Bob Shirley, Sports and Social Club Secretary, East London Bus Group, Catford. East London Bus Group runs a free bus service to support the Fun Walk.



Care into care homes



Our target is to raise £200,000 from this year's Fun Walk to fund the work we are doing to improve care for dying people in local residential homes.

At present many residents are rushed to hospital when approaching the end of their lives and run the risk of dying on a trolley in Accident and Emergency. This is not what any of us would wish for our friends and families – or for ourselves for that matter. It happens because many care home staff are not currently confident or skilled in end of life care.

St Christopher's work has already provided evidence that specialist support and training for care home staff make a significant difference in reducing emergency hospital admissions and improving care.



Our care home initiatives include a new validated course for health care assistants, training and mentoring in care homes and the provision of, and training in, creative and complementary therapies.

The Gold Standards Framework in Care Homes

St Christopher's is the first organisation in England and Wales to be appointed as a regional training centre for the implementation of a "gold standard" for the care of people in the last year of life, irrespective of the illness. Our "gold standards" training programme involves:



- a period of preparation with staff, residents, families and GPs
- staff training covering planning, symptom assessment, care in the final days, support for families and bereavement
- specialist support for the care home all the way through to accreditation.

One workshop participant told us: "I think that I'll be more confident in broaching the situation of how the resident would like to die and feel confident in doing what they want."

With your support, by the end of 2010 St Christopher's will have trained staff from 90 care homes in our local community.

"The help and support we have had from St Christopher's Hospice has been fantastic. We have had training and advice every step of the way..." Caron Sanders-Crook
Manager, Westwood House



STOP PRESS: First family to sign up

The Hewitt family from South Norwood is the first to sign up for the Fun Walk. They will be walking in memory of Joanne's Dad who died in St Christopher's care last year. Joanne says: "St Christopher's nurses were just amazing. The care was for us as well as for Dad. They looked after us all."

The family, who are doing the walk for the first time, have set up a fundraising page at www.justgiving.com and Dad, Kieran, is hoping his employers will match the sponsorship they raise.