

Hospice

heroes,

assemble!



Not all heroes wear capes!  
**Fun Walker pack**

Sunday 19 September, Keston Common  
[www.stchristophers.org.uk/funwalk](http://www.stchristophers.org.uk/funwalk)



**StChristopher's**  
More than just a hospice

# Thank you

## Thank you for signing up to St Christopher's Fun Walk

You've signed up, so now it's time to get inspired and get fundraising! We've been working hard at Fun Walk HQ to make sure you have a day to remember on 19 September. In this pack you will find a range of tips, fundraising resources and information about the event. Your fundraising ensures that everyone in our five boroughs has access to end of life care – so let's get started!

We treat every one of our patients as an individual by looking after their specific needs, and we like to do the same for those who fundraise for us too. We're really looking forward to supporting you. Don't forget to join our Fun Walk Facebook Event where we'll be sharing news, updates and how your fundraising efforts are making a difference –so be sure to be a part of it.

### The Fun Walk Team

Need help? Get in touch! Email the team at [funwalk@stchristophers.org.uk](mailto:funwalk@stchristophers.org.uk) and we'll be happy to answer all your questions.



Our dedicated nursing staff are counting on your Fun Walk fundraising

# Fundraising

## Your Fun Walk steps will help change lives

Every pound you raise really does make a huge difference. Our work is made possible by the passion and creativity of people like you. The COVID-19 pandemic has hit our fundraising hard, so your support means so much to us.

## How your fundraising can help patients and families



**£11** could pay for video conferencing technology to connect patients with family members who cannot visit



**£24** could pay for a drop-in session to prepare parents for challenging conversations with children about loss



**£30** could pay for an art therapy session to help people explore difficult feelings



**£52** could pay for a gym session to help people regain strength to climb the stairs to bed



**£100** could pay for a community nurse to visit a patient at night



**£200** could provide training for volunteers to befriend and comfort isolated patients



**£250** could provide telephone counselling to help 10 recently bereaved children manage grief



**£500** could keep confused patients safe with a special alarmed mattress to alert nurses if they move



**£1,120** could pay for equipment to help people be pain free so they can stay at home



**£2,000** could pay for visits and support from one of our clinical nurse specialists for two weeks so patients can remain with their family.

Hospice heroes, assemble! We need you to get fundraising for us and we'll help support you all the way

Fundraising doesn't need to be daunting! Don't panic - because we're here to help

## Raising the money

While your entry fee contributes to the running costs of Fun Walk, the money you raise in sponsorship is what goes towards the care that people and families are receiving right now. We can only care for people because of the generosity of your donations. We can't do it without you.

Fundraising doesn't need to be daunting! If you're worried about raising money don't panic – because we're here to help. Choose to fundraise however you like, but the easiest way is by using the online fundraising page you created when you registered.

## Boost your fundraising

**Personalise** Whether you are using your Fun Walk online fundraising page, sharing your event via email or in person, make sure people know why you are taking part. Explain in your own words what St Christopher's means to you and why you're fundraising for us. People love personal stories and the more photos you post, the more interest you'll generate.

**Family first** Ask your nearest and dearest first, as they are most likely to be generous at setting a trend of higher donations.

**Make a list** Think of all the people you could ask to donate and share your fundraiser with them.

**Spread the word:** Email your contacts and share your story on your social networking pages or LinkedIn with updates and pictures.

**Matched giving** Ask the company you work for if they offer a matched giving scheme – it's a really simple way to double the money you raise for Fun Walk.

**Get sponsored for every mile** Ask your friends and colleague to donate according to how many miles you are walking.

**Set a target** It's always good to have something for you and your supporters to aim for, and setting a fundraising target is the best way to do this.

**Raising money in memory** We have two handmade Tribute Tree sculptures at St Christopher's in Sydenham. When family and friends raise £1,000 or more in memory of a loved one, an engraved metal leaf is added to one of the Tribute Trees for a year. After that they will have the choice to renew their leaf, keeping it on the tree for another year, or having it returned to them to keep forever.

Not all heroes wear capes...  
but a lucky few get to wear our  
exclusive 'Hospice Hero' hat!



## Motivate your milestones

This year, we have some great prizes to be won for sponsorship collected online!

**Raise £100 by Sunday 15 August and win a Fun Walk t-shirt\*** £100 could pay for a community nurse to visit a patient at night when no other services are available.

**Raise £250 by Sunday 26 September and win a limited-edition 'Hospice Hero' hat** £250 could provide telephone counselling to help 10 recently bereaved children manage their grief.

**Raise £500 by Sunday 26 September and win a St Christopher's 'Hospice Hero' hoodie** £500 could keep a confused patient safe with a special alarmed mattress to alert nurses if they move.



## Paying in the money

All the money raised through your online fundraising page will go directly into the hospice bank account.

If you raised money separately to this, the quickest and easiest way to do this is online by visiting [www.stchristophers.org.uk/funwalk](http://www.stchristophers.org.uk/funwalk).

Alternatively, you can send a cheque made payable to *St Christopher's Hospice* to The Fundraising Department at **St Christopher's, 51-59 Lawrie Park Road, Sydenham London SE26 6DZ**.

Please make sure that you pay in your sponsorship money by Sunday 24 October 2021.

Make sure you're registered for Gift Aid with us too. If you are a UK taxpayer, the value of your donation can increase by at least 25% at no additional cost to you!

\*You will receive a voucher in order for you to pick up your t-shirt at one of our collection days or at the event

# On the day

## Getting to the Fun Walk

Stagecoach Selkent have kindly offered to provide a **free** 'Park and Ride' service from Norman Park as well as a pick-up and drop-off service from Bromley South Station.

For more information about the shuttle bus times and parking, please visit [www.stchristophers.org.uk/funwalk](http://www.stchristophers.org.uk/funwalk).

## No registration or check-in on the day

All walkers will be sent their walker number in advance, to be worn on the day, and all other information they will need.

## The Fun Walk routes

The Fun Walk features four walks with a mileage for everyone – they all start at finish at Keston Common BR2 6BP (opposite the Greyhound pub).

**Green Route** 3 miles

**Pink Route** 5 miles

**Blue Route** 8 miles

**Yellow Route** 11 miles

## Competition time

As well as doing something amazing raising money for your local hospice, you could even become a Fun Walk Award Winner.

There will be competitions for you to enter in the following categories:

- best fancy dress (individual)
- best fancy dress (group)
- raising most money (individual)
- raising most money (team)
- raising most money (school)
- longstanding service award.



You can get your hands on the most sought-after fashion item this season... the iconic Fun Walk t-shirt!

## Other things to know

- You **must** arrive to start your walk at the time you chose at registration
- The whole event finishes at 5.30pm
- We do not need to know your route in advance
- If walking the 8 mile or 11 mile route, you need to start your walk between 9am and 12pm
- If walking the 3 mile or 5 mile route, you need to start your walk between 9am and 3pm
- You can choose any route – or even a combination of routes as your target
- All walks have stiles and kissing gates, so unfortunately are not suitable for prams, buggies or wheelchair users
- Your **must** wear your walker number at all times while you are walking your Fun Walk route
- Please read [The Countryside Code](#) leaflet before you start your walk.

Dogs are very welcome on Fun Walk, but make sure you clear up after your four-legged friends, keep them on leads where applicable and bring a bowl – we will, of course, provide the water to go in it!

## What to wear

Look the part when you walk, with a Fun Walk t-shirt! At just £10 for adult sizes and £5 for junior sizes, you can purchase an exclusive Fun Walk t-shirt with 100% of the profit going to St Christopher's.

T-shirts will be available to purchase at the event or on our specified collect days below:

### **St Christopher's, Caritas House, Tregony Road, Orpington BR6 9XA**

- Monday 23 August, 10am-3pm
- Wednesday 25 August, 3-7pm.

### **St Christopher's, 51-59 Lawrie Park Road, Sydenham, London SE26 6DZ**

- Saturday 28 August, 10.30am-4.30pm
- Thursday 2 September, 4pm-7.30pm
- Sunday 5 September, 10.30am-4pm.

**Finally... a massive thank you for doing something incredible for your hospice. We look forward to seeing you at Fun Walk – and good luck with all your fundraising!**

**Hospice**

**heroes,**

**assemble!**



**Sydenham site**

51-59 Lawrie Park Road, Sydenham, London SE26 6DZ

**Orpington site**

Caritas House, Tregony Road, Orpington BR6 9XA

Telephone **020 8768 4500**

Email [info@stchristophers.org.uk](mailto:info@stchristophers.org.uk)

[www.stchristophers.org.uk](http://www.stchristophers.org.uk)    [stchrishospice](https://www.stchrishospice.org.uk)



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