

Fun Walk Pack

Thank you so much for choosing to support St Christopher's by signing up for the 2019 Fun Walk. Without you we wouldn't be able to support the 6,500 people across south east London who need us each and every year. On behalf of them, thank you. We hope this handy guide will give you all of the information and ideas you need to make this year's Fun Walk the biggest and best yet!

If you need any more information about the event, fundraising or our work please call the Fun Walk Team on 020 8768 4575 or email funwalk@stchristophers.org.uk.

Good luck with your fundraising! Remember, if you need any more help please get in touch.

The Fun Walk Team
Remi, Georgie, Jo & Nicola



Getting to the Fun Walk

We strongly advise you use our FREE Fun Walk bus service! As there is **no parking** we wanted to make it as easy as possible for our walkers to get to Fun Walk. This is all possible courtesy of Stagecoach who volunteer their time to drive for this event.

Pick-up and drop off service from **Bromley South Station**

- **The first bus:** The first bus of the day will leave Bromley South Train Station at around 8.00am. These will run every 20-25mins (approx)
- **Where to find the bus stop:** The bus stop is at the front of the station in front of Scott's Pharmacy (*stop is also served by the 61 / 208 / 261 / 320 / 336 / 358*)
- **The last bus:** The last two buses of the day are at 5.45pm from Keston Common. Please note: the first one will leave as soon as it's full

Park and Ride Service from **Norman Park**, Hayes Lane entrance (NOT the Bromley Common A21 entrance)

- **The first bus:** The first bus of the day will leave at around 8.10am. These will run every 20-25mins (approx)
- **Where to find the bus stop:** The bus stop is just outside the park on Hayes Lane. This is a permanent bus stop called 'Hayes Lane/Norman Park' (*which is also served by 119 & 146*)
- **The last bus:** The last two buses of the day are at 5.45pm from Keston Common. Please note: the first one will leave as soon as it's full.

Look out for Fun Walk signs above the bus stops!

If you are being dropped off the address is Keston Common, Keston, Kent, BR2 6BP.

Walks

There are four routes:

- Green Route 3 miles (last check-in time 3pm)
- Pink Route 5 miles (last check-in time 3pm)
- Blue Route 8 miles (last check-in time 12pm)
- Yellow Route 11 miles (last check-in time 12pm).

About your route:

- You can start your walk any time from 8.30am and last check in time (dependent on route)
- We do not need to know your route in advance
- Please note that if walking the 8 mile or 11 mile route, you need to start by 12pm
- You can choose any route or a combination as your target.

The whole event will finish at 5.30pm so please take this in to consideration when arranging your start time.

Registration / check in on the day

- The registration tent will be situated opposite The Greyhound Pub, Commonside, Keston
- Everybody needs to register / check in before starting to walk
- You will be handed a map and directions, showing all of our Fun Walk routes, as well as any other information you will need on the day.

If you have anyone who would like to join your team or take part and they do not register in advance, they can register on the day at an increased rate. Advance registration will close on Tuesday 14 May 2019.

What to wear

You can get your hands on the most sought after fashion item this season, the iconic Fun Walk t-shirt. They cost just £5 each and can be purchased in advance on the dates below or on the day of Fun Walk itself. Please note that you cannot pay for these in advance and collect them on the day and will be subject to availability. T-shirts come in a range of sizes from small youth to XXL.



St Christopher's Sydenham

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

- Thursday 4 April 4.30pm – 7.30pm
- Sunday 28 April 11am – 4pm
- Saturday 4 May 11am – 4pm
- Saturday 11 May 11am – 4pm.

St Christopher's Bromley

Caritas House, Tregony Road, Orpington, BR6 9XA

- Tuesday 2 April 9am – 7pm
- Wednesday 8 May 9am – 7pm.

Get fancy!

We fully encourage fancy dress and there will be a prize for the Best Fancy Dress Group – let's face it, it's not often you get to walk through the beautiful Kent countryside dressed as

your favourite cartoon character or superhero, so let your imagination take over and embrace your inner child!



Competition Time

As well as doing something amazing for your local hospice, you could become a Fun Walk Award Winner. There will be competitions for you to enter in the following categories:

- Best fancy dress pair
- Best fancy dress group
- Individual that raised most money
- Team that raised most money
- School that raised the most money
- Doggy fundraiser gold award
- Doggy fundraiser silver award
- Fun Walk fellowship award
- The longstanding service award.

Raising the money

The money you are raising by taking part in Fun Walk is crucial for us to continue supporting local people when they need us most. It costs £22m per year for us to provide our services so every penny counts.

We know that raising sponsorship can feel like a really daunting task but it can also be a lot of fun. You might like to ask your friends and family to sponsor you to take on the walk or, if you prefer, you could give a one-off donation to the hospice when you sign up online.



There are so many ways of raising vital funds for St Christopher's so we have put together a list of exciting ideas at www.stchristophers.org.uk/fundraising/ideas, which includes everything from raffles to race nights. So why not put the fun into fundraising and really go the extra mile for St Christopher's.

Set up a Virgin Money Giving page

One of the simplest and most effective ways to fundraise is to set up a Virgin Money Giving page.

It takes less than two minutes to enter your details, and another couple of minutes to share on your Facebook page. All funds raised through Virgin Money Giving will automatically transfer to St Christopher's.

Sponsorship form and fundraising pack

You can also download a sponsorship form to collect funds offline and a fundraising pack to help you. You can have one at your workplace, local gym, in your bag – you never know who may sponsor you!

You can download your sponsorship form and fundraising pack at www.stchristophers.org.uk/funwalk.

On the Day

There will also be food and drink vendors if you would like to buy refreshments as well as live music to really get you into the Fun Walk spirit. Once you set off you will be greeted throughout your walk by the volunteers at the many marshal points on each route.

Your boot

You can download and print out your Fun Walk Boot here. Please write your reason for walking in the space above and bring this with you on the Fun Walk so we can display it on our special Wall of Honour.

Paying in your money

Once you have collected all your sponsorship money and money from fundraising events, you can either hand them in on the day or send them to the Fundraising Department at St Christopher's, 51-59 Lawrie Park Road, Sydenham, London, SE26 6DZ. We would really appreciate it if all money was sent to us before Friday 28 June 2019 so we can let everyone know how much the event has raised.

Online fundraising page:

If you have an online fundraising page, the money will be transferred to St Christopher's automatically. It's safe and secure.

Cheque:

Donated can be made out to 'St Christopher's' and sent to the address above. Please always include your name, address and the reference 'Fun Walk'.

Telephone:

We are able to take credit/debit card donations over the phone – give the fundraising team a call on 020 8768 4575.

Cash:

Pop in and see us during office hours. If you are unable to make weekdays 9am-5pm you can visit the Sydenham site only in the evening until 9pm or at weekends. There is a secure donation box at reception, but please include your name, address and the reference 'Fun Walk'. Please note our centre in Orpington is closed weekdays after 4.30pm and at weekends.

Via our website:

www.stchristophers.org.uk/donate.

Please make sure you mention this is Fun Walk sponsorship so we can identify it when it comes through. Please email to let us know you have done this:

events@stchristophers.org.uk.

Speak to the team

If there is anything in this pack that we haven't covered or if you have any questions you may find the answers in the Fun Walk FAQ section on our website at www.stchristophers.org.uk/fun-walk-faq or you can contact a member of the Fun Walk Team on 020 8768 4575 or funwalk@stchristophers.org.uk who will be happy to help.

Finally, a massive thank you for doing something incredible for your hospice. We look forward to seeing you there!