

**St Christopher's**  
More than just a hospice

**Two hospices,  
one cause**

**Greenwich & Bexley  
Community Hospice**

# TWILIGHT WALK

**5pm, Saturday  
28 September 2019**



**Our five mile walk from  
Greenwich to Blackheath**

**Sign up [www.twilightwalk.london](http://www.twilightwalk.london)**

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# Thank you for signing up to the Twilight Walk

It is only thanks to the continued support of our local communities that we can be there for local people when they need us most. We are proud of all we achieve and want to maximise our impact so that we can both support many more people and for many more years to come. We are delighted that you have signed up to our second Twilight Walk. Thank you so much!

**Carol** St Christopher's  
**Augusta** Greenwich & Bexley Community Hospice

## The difference five miles can make

Together we provide care and support to over 9,000 people every year. We believe in a world in which all dying people and those close to them have access to the care and support they need, for however long that may be, wherever that may be.

But there are many more that need our help and we are walking together so that we can be there for everyone who needs us across south east London. Let's make it happen. Every penny raised will be split equally between St Christopher's and Greenwich & Bexley Community Hospice.

With your support we'll be able to:

- **help someone cope with the loss of a loved one** through a bereavement support session with a trained volunteer
- **relieve someone's symptoms of pain, breathlessness and anxiety** with a complementary therapy session
- **help someone maintain their mobility and independence** with a physiotherapy session
- **hold a training session for a group of patient-facing volunteers**, supporting people in the community
- **pay for one of our nurses for a day**, providing personal attention and expert care for our patients
- **fund a physiotherapy session**, helping patients to maintain their mobility and independence
- **fund a visit from a healthcare assistant** to provide practical support with washing, getting ready for bed, dressing, preparing meals, as well as a friendly face and an opportunity to chat.

## Fundraising and sponsorship

Your registration fee helps us to cover the cost of putting on this event, so we really hope you will raise as much sponsorship as you can to support your local hospices.

### Raising sponsorship

One of the most effective and simplest ways to fundraise is to set up an online page. Friends and family can donate quickly and easily, saving you time running around collecting sponsorship. [Please join our Twilight Walk fundraising on Virgin Money Giving by clicking here.](#)

- A collection tin at work could fund **a recording device for music therapy, allowing patients to record songs and music to be played for loved ones.**
- Creating and sharing your online fundraising page could fund **a fold out bed so family members can stay by a patient's bedside through the night.**
- Company matched funding could pay for **an essential piece of medical equipment** like a syringe driver or breathing pump, or even a **brand new, specialised bed for ward patients.**

### Paying in your sponsorship

Please pay in your sponsorship by **Tuesday 22 October.**

**CHEQUES** Please make cheques payable to **St Christopher's**; all proceeds will be shared equally between both hospices.

**CASH** Please do not send cash in the post. Pop in and see either team during office hours (Monday to Friday, 9am-5pm):

- St Christopher's, 51-59 Lawrie Park Road, Sydenham, London SE26 6DZ
- Greenwich & Bexley Community Hospice, 12-15 Bellegrave Parade, Welling, Kent DA16 2RE.

**TELEPHONE** We are able to take credit/debit card donations over the phone. Please give the Fundraising Team at St Christopher's a call on **020 8768 4575.**

**ONLINE FUNDRAISING PAGES** Online sponsorship will be paid directly to the hospices so you don't need to do anything.



## Twilight Walk t-shirt

You can purchase a **Twilight Walk t-shirt** for £5 (subject to availability). To save postal costs and make sure your money goes even further, we do not send t-shirts. You can purchase a t-shirt at the event, or on the collection dates below. Please be aware of all the time and dates for all locations.

### Collection dates

- **Thursday 5 September, 4pm-7.30pm**  
St Christopher's, 51-59 Lawrie Park Road, Sydenham, London SE26 6DZ
- **Saturday 21 September, 10.30-4.30pm**  
St Christopher's, 51-59 Lawrie Park Road, Sydenham, London SE26 6DZ
- **Wednesday 4 September, 10am-4.30pm**  
Greenwich & Bexley Community Hospice, Fundraising Office, 12-15 Bellegrove Parade, Welling DA16 2RE
- **Monday 23 September, 10am-5pm**  
Greenwich & Bexley Community Hospice, Fundraising Office, 12-15 Bellegrove Parade, Welling DA16 2RE

## On the night

- Advance registration will close at 11am on Monday 23 September after which participants can register on the night for an increased price.
- Registration opens at 4pm to sign in. For your safety you must sign in on arrival. There will be a fun warm-up before setting off at 5pm.
- Maps and instructions are to be picked up on the day when you sign in.
- The Twilight Walk is not a race and, due to narrow pavements and uneven ground, is not suitable for wheelchair users.
- The minimum age for Twilight Walk participants is 12 years old. All walkers under 16 years must be accompanied by a registered adult who is also taking part and not just simply acting as a chaperone.
- Dogs are welcome but must be kept on leads at all times.
- As a display of respect and consideration to local residents, we are asking walkers to stick to the pavement while on the route and not to litter
- There is no cloakroom, so you will not be able to leave your belongings behind when you do the walk.

## How to get there

The Twilight Walk starts on Blackheath Common in the field opposite Greenwich Park gates on Charlton Way and finishes on the other side of the A2 at Blackheath Common, All Saints Drive, Blackheath, London SE3 0TY.

Blackheath is well connected by public transport while parking in and around Blackheath is very limited, and parking restrictions are enforced. **We highly recommend that you use public transport on the night.** Make sure you plan your route in advance by visiting [www.tfl.gov.uk](http://www.tfl.gov.uk).

### By rail

The nearest rail stations are **Blackheath** (16 minute walk), **Maze Hill** (18 minute walk) and **Greenwich** (26 minute walk). **Lewisham** and **Deptford** stations are close as well.

### By DLR

The nearest DLR station is **Cutty Sark** (23 minute walk).

### By Bus

Bus routes that pass close to the start line are: **53, 54, 89, 108, 202, 386** and **380**.

### By Overground

The nearest London Overground stations are **New Cross** or **New Cross Gate**, which are close to each other.

### By tube

The nearest tube station is **North Greenwich**. From here take the **108 bus** to Stratheden Parade (stop BJ) and it's then a 12-minute walk to the start. You can also take the **132 bus** from North Greenwich, to Shooters Hill Road/Kidbrooke Park (stop D) and then it's a 17 minute walk to the start.

### By boat

Yes, you can get to Greenwich by boat! **Thames Clippers**, who run regular boat services along the river, stop regularly at **Greenwich**, a 25 minute walk to the start through Greenwich Park.



