

# Walk for the Wards 2021

## Frequently Asked Questions

### **How can I register to take part in Walk for the Wards 2021?**

To register, please visit <https://www.pth.org.uk/event/walk-for-the-wards-2021/> or call 01252 729446.



### **How much does it cost to register to take part?**

The event is free to take part in this year, but we are hoping that everyone who takes part will aim to raise at least £25 in sponsorship. Following the cancellation of the majority of our events last year your support is needed now more than ever. Any sponsorship you raise will enable us to continue to provide our essential care for patients and their families across our local area whether that is at the Hospice, Beacon Centre or in the community.

If you are not in a position to get sponsored but would like to make a donation, there is an option to do this when you register.

### **As it is free to take part – do I need to register in advance?**

Yes – it is really important that you register to take part in this event so that we can monitor numbers, keep you safe, stagger people's arrival so the route does not become too congested, provide you with your Walk for the Wards t-shirt and walker number – and make sure we have an ice cream ready for you at the finish!

Will every participant be expected to wear a face covering to take part?

As this event is completely outdoors and hopefully free of restrictions then face coverings will not be compulsory. However we will be encouraging the wearing of face coverings at the start/finish area. It is down to the individual to choose whether a face covering is worn on the route.

### **Can I Gift Aid my donations?**

Please encourage all those who sponsor you to tick the Gift Aid box if they are a UK taxpayer. This enables us to claim the tax back on their donation enlarging it by 25% at no cost to them. Gift Aid is only eligible on personal donations (i.e. not company sponsorship).

If you choose to make a donation instead of raising sponsorship then please do enable us to claim gift aid on your donation if you are eligible.

### **Are there any changes to Walk for the Wards this year, compared to previous years?**

We are very hopeful that on the day of our event, all the restrictions will have been lifted, and we will adhere to any government guidelines at the time. However, even if the restrictions are all lifted, we will still be making some changes to ensure that we keep everyone as safe as possible:

- Everything will be outdoors – registration, start/finish area.
- Everyone will have been given a time slot to arrive and each time slot will have a limited number of people starting at that time.
- Walkers numbers will be posted in advance so you can complete details and pin it to your t-shirt in advance.
- Contactless sign in/out area on the day. A Phyllis Tuckwell team member (wearing PPE) will sign you in (and out again on your return), so everyone is not sharing pens.

- There will be portaloos at the school, no need to enter a building to use the facilities.
- We will be providing t-shirts for all registered participants, please do fill in the back of the t-shirt if you are walking in memory of anyone.
- Our marshals will be provided with PPE.
- On return from the walk we have taken the decision to not provide a cream tea this year to avoid food preparation but we didn't want you to miss out, so every registered walker will receive a free ice cream at the finish. (These will be provided by an ice cream van who will be Covid compliant. We will have vegan and gluten free options available.)
- All details of any social distancing or Covid guidance needed, will be emailed to you the week before the event so we deliver this event in line with the Government guidelines at the time.

### **What route will the walk take?**

Both the 5 mile and 10 mile routes will start and finish at Waverley Abbey School. The walk takes you through beautiful woodlands and across commons around Tilford. You will be issued with a map on the day and the route will be fully sign posted with marshal points for reassurance too.

### **Can anyone enter?**

Walk for the Wards is open to people of all ages and abilities, although we reserve the right to refuse entry to any person we deem unfit to take part.

### **Is there an age limit?**

All participants aged 16 years or under must be accompanied by an adult participant who has signed a Guardian's Declaration taking responsibility for them. If applicants are 17 or 18 years old, they may walk unaccompanied but a guardian must have signed the declaration giving them permission to take part. There is no upper limit.

### **Will there be parking facilities?**

Parking will be located at Waverley Abbey School, there will be limited parking so we would encourage you to car share where possible, if the government guidelines at the time support it.

### **Will there be First Aid cover at the event?**

Yes, Face 2 Face Medical Ltd will be in attendance at the event to deliver First Aid should it be required and will be available on the route if necessary.

### **Will there be any refreshments available on the day?**

Please bring all refreshments with you on the day, this is especially important if it is a hot day as drinks will not be provided. An ice cream will be provided by Phyllis Tuckwell at the end of the walk. If you require further refreshments, please bring these with you.

### **Is there somewhere to store my possessions?**

Unfortunately not, all participants are responsible for all their own possessions and will have to carry any items they bring with them.

### **Will there be toilets along the route?**

There will only be toilets provided at the start and end of the route.

## **I'm in a wheelchair, can I take part?**

Unfortunately, due to uneven ground and hills, this event is not suitable for wheelchairs.

## **How long will the walk take?**

It depends how fast you walk! We would imagine that the 5 mile walk will take approximately 2.5 hours and the 10 mile walk will take approximately 5 hours.

## **What if I, or someone in my group feels unwell on the day?**

If you or anyone in your household are unwell and showing symptoms of Covid-19, please do not attend the event and arrange a covid test. Should you or anyone in your group begin to feel unwell during the event, please call for First Aid attention and report your symptoms to a member of the Phyllis Tuckwell team. Should we be notified of a positive covid case of someone who attended the event, every participant will be contacted in line with Track and Trace guidelines.

## **When will I receive my Walk for the Wards registration pack?**

You will receive your registration letter via e-mail within 10 days of you registering for the event. We will post out t-shirts and walker numbers to all registered participants one month before the event.

## **Can I hand in my sponsorship money on the day?**

Unfortunately we will be unable to accept sponsorship money or forms on the day as there will be nowhere safe to store them. Please send or deliver all sponsorship money and forms directly to: Fundraising Department, Phyllis Tuckwell Hospice Care, Waverley Lane, Farnham, Surrey GU9 8BL. Please ensure all cheques are made payable to Phyllis Tuckwell Hospice Care.

## **How do I raise sponsorship online?**

Sponsorship forms will be available to every participant however you may prefer not to use paper sponsor forms at the current time, so please consider setting up an online sponsorship page. The easiest online fundraising platform to use is [www.justgiving.com](http://www.justgiving.com).

To set up your own JustGiving page and personalise it to Walk for the Wards, simply visit **[www.justgiving.com](http://www.justgiving.com)** and follow the instructions to set up your page, choosing Phyllis Tuckwell Hospice Care as your beneficiary. Fundraising online saves you having to collect the money and send it to the Hospice as it's all done automatically. Also, if your sponsor declares they are a UK tax payer, JustGiving will automatically claim Gift Aid (the tax back) on their donation, enlarging it by 25% at no cost to them, you or us!

- Visit **[www.justgiving.com](http://www.justgiving.com)**
- Click on 'start fundraising' then follow the simple steps to create your page. Entitle your page: Walk for the Wards.
- Follow the simple steps on screen, selecting Phyllis Tuckwell Hospice Care as the charity you would like to benefit from the funds you raise and write the title of your event.
- You may like to have a photo to upload and think of a title for your page.
- We would also encourage you convey on your page why you are taking part and why you would appreciate any sponsorship given.
- Once you have completed all the steps, you will be given a personal link to your page. You can then email this to everyone you know!

**Please contact us if you have any trouble in setting up your online fundraising page – we have lots of top tips to making these pages as successful as possible.**

(If you are familiar with another online fundraising platform like Virgin Money Giving – then you are welcome to set up a page there if you prefer.)

## **Do I need to train for this event?**

Walk for the Wards is a fun walk and is not a race. However the route does include uneven ground and hills. Please take this into consideration when deciding which route you would like to attempt. We are sure that you have done plenty of training throughout lockdown!

## **Can I walk as part of a group?**

Yes, as long as the Government guidelines allow this. Please encourage your friends, family and colleagues to register to take part. As it stands, if the Government keep to the current roadmap then all restrictions will have been lifted, however, should anything change and we are advised of any limitations, we will be in touch ahead of the event.

## **Can I bring my dog?**

Yes, dogs will be very welcome to accompany you along the walk but must be kept on leads.

## **What do I need to wear?**

We are sending all registered participants a t-shirt to wear on the day, so we would love it if you could wear this. As well as our Phyllis Tuckwell t-shirt we recommend that you wear comfortable clothes and walking shoes that suit the weather on the day. If we are fortunate to have a hot and sunny day, please bring sun cream, a hat and extra drinks. Please come prepared to walk in all weather conditions.

## **Do I need to bring anything important with me on the day?**

You must bring with you:

- Drinks
- Sun cream and a hat if it is a hot day.
- Waterproofs if rain is forecast.
- Mobile phone, in case of an emergency and you need to request the help of Face 2 Face medical (the number will be provided with the map, on the day).
- Face covering (whilst not compulsory as all outdoors, we will be encouraging face coverings to be worn around the start/finish areas.)
- Hand sanitiser – we will have hand sanitiser available at the start and finish but you may wish to bring some with you should you need any on the route.

**If you have any further questions about the event, please do contact us on 01252 729446 or email [fundraising@pth.org.uk](mailto:fundraising@pth.org.uk)**

**Phyllis Tuckwell<sup>®</sup>**   
Hospice Care  
...because every day is precious

