

Frequently Asked Questions



How can I register to take part in Walk for the Wards 2025?

To register, please visit www.pth.org.uk/walk-for-the-wards or call 01252 729446.

How much does it cost to register to take part?

It is £15 per adult and £12 per child (14 and under) with the early bird price, before May 10th when it will be £18 per adult and £15 per child. It will be more to sign up on the day.

We would be grateful if participants could pledge to try and raise £75 or more for Phyllis Tuckwell, either through sponsorship or asking people to donate in memory of those they are remembering through taking part in this walk. 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.

The registration fee covers the costs involved in organising the event but it is in the sponsorship/donations given that enable us to continue to support our patients and their families.

Every pound you raise will make an incredible difference - please try and raise as much as you can.

Do I need to register in advance?

It would be a great help if you can register in advance, so we can have an idea of how many people are taking part. If you are unable to register in advance, you will be able to register on the day but the registration fee will increase.

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.

What is the start time?

The start time is 5pm for those doing 10 miles and 7pm for those walking 5 miles. We do ask that you don't start before that as we need to ensure all of our marshals are on the route.

What route will the walk take?

Both the 5 mile and 10 mile routes will start and finish at Myrtles Courtyard on The Hampton Estate, Seale. We really want you to enjoy your walk as it goes through beautiful woodlands, amazing views and a variety of countryside including Puttenham Common, mostly part of the privately owned Hampton Estate. Whilst some of the route will use public footpaths, it is a unique opportunity to see some of this stunning Estate.

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. The route is sadly not suitable for wheelchairs.

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 near Myrtles Courtyard on the Hampton Estate, a short walk from the start point. A postcode and directions will be sent to you in the week before the event.

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 water bottles with you to drink on the route as we no longer hand out plastic bottles any longer. However we aim to have a water refill station at the start/finish and at least one on the route.

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 hours and the 10 mile walk will take approximately 5 hours.

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

You will receive an email within 2 weeks of registering and will receive updates between that point and the walk. Your registration details will be emailed to all registered participants in the week before the event. This email will confirm your walker number that you will need on the day, so please make a note of it, or have the email to hand on the day.

If I can't make it on the day, can I complete the route on a different day?

As the route uses private land and is not all on public footpaths it means that the route can only be completed on the day of the event. We are very grateful to Hampton Estate for hosting Walk for the Wards this year and allowing us to design a route across their estate and offer a unique opportunity to complete a route, not open to the public.

Can I hand in my sponsorship money on the day?

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, Headway House, Crosby Way, Farnham GU9 7XG. Please ensure all cheques are made payable to Phyllis Tuckwell.

How do I raise sponsorship online?

After you have registered we would love it if you could set up a Just Giving page. This is an easy way to set up an online page and the link can then be shared amongst your friends, family and colleagues.

To set up your own JustGiving page and personalise it to Walk for the Wards. Simply visit 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 in, 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

- Click on 'start fundraising' then follow the simple steps to create your page
- Entitle your page: Walk for the Wards at Sunset
- 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.
- 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 and share it on any social media platforms that you use.

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.

Paper sponsorship forms will also be available to every participant for anyone who signs up and prefers to collect money in person in addition to/instead of online.

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.

Can I walk as part of a group?

Yes, please encourage your friends, family and colleagues to register to take part.

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 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** – ideally a bottle that can be refilled as there will only be a water station at the start/finish and at least one place on the route.
- **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).
- **Torch** - just in case it gets dusk earlier due to the weather.

If you have any further questions about the event, please do contact us on 01252 729446 or email fundraising@pth.org.uk