

Frequently Asked Questions – Walk for the Wards 2019



**Phyllis[®]
Tuckwell
Hospice Care**

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

To register, please complete a registration form and post it back to Phyllis Tuckwell Hospice Care, call us on 01252 729446 or register online at www.pth.org.uk.

How much does it cost to register to take part?

It costs £15 for adults, £7 for children 14 or under before the event. This fee includes a cream tea at the end of the walk for every participant. Please note that registration fees are non-refundable. The fees will be increased on the day of the event.

What route will the walk take?

Both the 5 mile and 10 mile routes will start and finish at More House School in Frensham. The walk takes you through beautiful woodlands and across commons around Frensham. Please note there are a number of stiles to walk over.

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 unable 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 More House School which is limited. We therefore ask you to please car share where possible.

Will there be First Aid cover at the event?

Yes first aiders will be in attendance at the event to deliver First Aid should it be required. The emergency services will also be notified of the event.

Will there be any refreshments available on the day?

For environmental reasons we have decided NOT to provide each walker with a bottle of water this year. Instead there will be a water refill station which you can use to top up your own water bottle. Please bring a full bottle of water with you. A cream tea will be provided 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?

No but there will be toilets provided at More House School.

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

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

How long will the walk take?

It depends how fast you walk! We would imagine that the 5 mile walk will take approximately 2.5-3 hours and the 10 mile walk will take approximately 5 hours.

Can people register to take part on the day?

We do advise you to register in advance to guarantee your place on the walk and so we are able to allocate you to a specific start time (we stagger the start times between 9.30am and 10.30am). However, if absolutely necessary, we will do our best to register you on the day but we cannot guarantee your place on the walk.

When will I receive my registration pack?

You will receive your registration pack as soon as possible after you register for the event, but please allow 2 weeks before contacting us if you have not received your pack. Your pack will contain your registration letter advising you of your start time and sponsorship forms.

How much sponsorship do I need to raise?

As much as you can! Please use the sponsor forms included in your registration pack and consider setting up an online giving page. We rely heavily on our participants getting sponsored as the cost of your place only covers the cost of the event. By joining us at this event, you will be playing your part in our vision to be able to provide our patients with a choice about where they receive their care. Many patients and their families would prefer to be at home and, with your support, we can continue to grow our team of Clinical Nurse Specialists, who are able to care for patients and their families in their own homes and provide consistent and personal support and care. This is why sponsorship is so important to us.

Can I Gift Aid my donations?

Please encourage all those who sponsor you to tick the Gift Aid box on the sponsorship form 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).

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.

Can I raise sponsorship online?

Yes, you can set up your own JustGiving or VirginMoneyGiving page. Simply visit www.justgiving.com or www.virginmoneygiving.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!

What about a Facebook Fundraising page?

Facebook now has a function to allow you to raise money. Search 'Phyllis Tuckwell Hospice Care' and click on 'Fundraisers' in the menu on the left hand side. The click '+ Raise Money' and follow the instructions! Be sure to personalise your page so that everyone knows you're doing Walk for the Wards in support of Phyllis Tuckwell.

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, the more the merrier! Please encourage your friends, family and colleagues to join you.

Can I bring my dog?

Yes, dogs will be very welcome to accompany you along the walk, but must be kept on leads. Unfortunately they cannot come into More House School Sports Hall at the start and end but they are welcome on site at the school.

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 blessed with a hot and sunny day, you may like to bring sun cream, a hat and extra drinks. Please come prepared to walk in all weather conditions.

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

You must bring with you:

- Your registration letter detailing your walker number
- A bottle of water.
- 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 the first aiders.

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)