



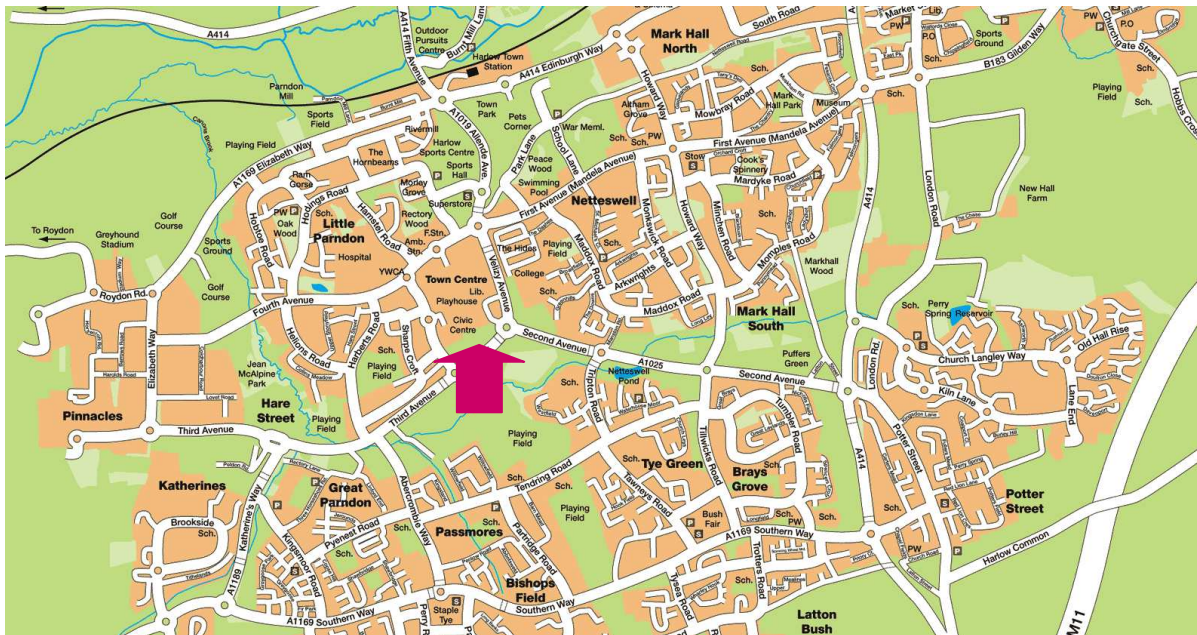
# ST CLARE HOSPICE

## Walker Information

**Date:** Saturday 19th June 2010  
**Time:** Registration from 8.30pm, warm up approx 10pm, walk starts at 10.30pm  
**Venue:** Asda car park, Water Gardens, Harlow, Essex, CM20 1WG  
**Course type:** Through the streets of Harlow, along foot and cycle paths and under subways

## Directions to the Water Gardens

The Water Gardens is in Harlow town centre. The map below shows its location. The Midnight Walk start and end point is in the car park by Asda. There is ample parking for walkers vehicles which is free of charge after 8pm. Harlow Town train station is 20 minutes away by foot and the bus station is within the town centre. Due to the finish time of the walk we doubt there will be public transport available to get you home. For safety reasons we suggest you drive yourselves or arrange for a lift from a family member or friend.



## Clothing and footwear

You will be given your free Midnight Walk t-shirt on the night and it would be great if you could wear this whilst walking. We do not post these before the event as it would cost us a lot in postage and we want as much money as possible to go directly to the care the Hospice provides. We will try our very best to give everyone their preferred size but sometimes this is not possible. We are encouraging everyone to wear fancy dress and as before, the theme is **PINK!** Pink flashing bunny ears will be available on the night to purchase. We advise that you check the weather forecast and dress appropriately as the Walk does take part in the open air. As the Walk happens overnight, it will be dark so it is recommended that you bring a torch. Please wear well fitting, comfortable, sturdy shoes as you will be on your feet for a long time!

## First Aid

The Red Cross or St John's will be attending the event to provide first aid assistance to anyone who may need it. If you do need help on the day, please tell a marshal who will alert the crew.

## Raising Money

Your entry fee helps cover the cost of organising the event but it's the sponsorship raised by walkers that will really make the difference to our patients and their families, so we hope that every person taking part will try to raise as much as they can to help us continue to provide a high level of care. If we had 2,000 walkers, you would only need to raise £55 each to help us hit our target of £140,000. Please ensure that all cheques are made payable to **St Clare Hospice** and that they are posted to the below address. This year, we will be giving a fantastic prize to the highest individual fundraiser!

Gift Aid allows us to claim back an extra 28p per pound. Please do ask the person who is sponsoring you whether they are a UK tax payer as we will then be able to claim this extra money. It really is very important that you obtain their **full home address** on your sponsor form otherwise we will not be able to claim the Gift Aid. Here are examples of what we can and can't claim:

### Yes – we can claim Gift Aid!

Andrew Smith  
A Smith  
Mr A Smith  
Mr Andrew Smith  
13 High Street, Harlow, Essex, CM12 3AB  
13 High Street, CM12 3AB  
13, CM12 3AB

### No – we can't claim Gift Aid

Andrew  
Mr Smith  
Dad / Mum / Auntie Vicky  
Andrew and Vicky Smith (*we need to know who is the tax payer*)  
work', 'pub', 'school', etc  
High Street, Harlow

**The Hospice misses out on thousands of pounds of Gift Aid every year** because people do not complete their sponsor forms correctly so we would be very grateful for your support in this.

## Justgiving

Justgiving.com is a website that allows you to set up a personalised fundraising page enabling your friends and family all over the world to securely sponsor you using a credit or debit card. The money is paid directly into the St Clare Hospice bank account and Gift Aid is automatically claimed so you no longer need to chase people after the run to collect the sponsorship money! It's really easy to set up a page; go to [www.justgiving.com/stclarehospice/raisemoney](http://www.justgiving.com/stclarehospice/raisemoney), click on 'Create your page' and then 'Midnight Walk'. Personalise your page by adding information about yourself and a photograph, and then you can email your personal link to your contact lists, add the Justgiving application to your Facebook page, change your email signature to include your link or even add the link to company newsletters or intranets.

## Prizes

Every person who takes part on the night will be given a goody bag and t-shirt as they sign-in. Upon completion of the Walk you will be awarded with a medal. Everyone is encouraged to have some fun and wear fancy dress; a prize will be given on the night to the best fancy dress costume. If you choose to raise sponsorship there will be a fantastic prize for the highest individual fundraiser who pays in their money by Friday 30th July plus a prize for one lucky individual and one team drawn at random who pay in their sponsorship by the same date.

## Entertainment

The Ten-17fm Thunder crew will be present on the night to entertain you at the start line prior to the Walk. There will also be a Hospice merchandise stand for you to buy your all-important pink flashing bunny ears, glow sticks and Midnight Walk goodies.

## Refreshments

Before the Walk, the Asda café and Water Gardens restaurants will be open serving refreshments. Each walker will have a snack and bottle of water in their goody bag and another bottle will be given to you at the end of the Walk. If you require more than this, please do bring your own refreshments with you on the night. For your own safety, please do not stop along the route in restaurants or pubs to buy alcoholic beverages; bringing alcohol on the Walk is strictly forbidden.

## Toilets/Bag storage

Toilets within Asda can be used for walkers up until the store closes at 10.30pm. Toilets within the Management Suite will then be available to use. Half way round the route there will be some Porta-loos for you to use.

**See you on the night!**

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