



## **Sunrise Walk**

### **Sunday 26<sup>th</sup> September 2021**

### **Worting House, Church Lane, Basingstoke, RG23 8PY**

### **Important Event Information**

**PLEASE REMEMBER TO COLLECT YOUR WALKER NUMBER IN FRONT OF THE MAIN HOUSE.**

#### **Arrival/Start Time**

The walk will begin at 6.30am, so you must be on site by 6/6.15am to give you plenty of time to sign in and use the toilet facilities before you set off promptly at 6.30am.

The walk has one 5 mile route, which as a guide should take around 3 hours maximum to complete.

#### **COVID-19**

\*\* Please be reassured that there will be arrangements in place to manage COVID-19 for the duration of this event. These will be continually reviewed to ensure we are adhering to the most up to date government guidelines and advice, ensuring the paramount safety of our participants at all times. \*\*

There will be hand sanitiser placed around the site, however we also encourage you to bring your own. We kindly ask you to adhere to the current Government guideline set at the time of this event and would like to thank you in advance for your cooperation.

#### **Event Emergency Contact Number**

Please save this number in your mobiles prior to event day for emergency purposes only - **07538 637877**. This number will put you through to the Events Team.

#### **What 3 words**

Please **download this app** prior to the event, as this will enable us to get to you quicker by knowing your exact location if you require any medical assistance during the event.

#### **Clothing and Footwear**

We advise that all participants bring a water bottle and wear long trousers as the route does occasionally involve walking through overgrown trees and shrubs. In addition, please make sure you are wearing appropriate footwear as the ground may be uneven, slippery, and muddy at times. There may also be overhanging branches in parts.

#### **Roads**

The route does include a couple of very short walks along roads which will be marshalled and/or signposted; please obey the Highway Code at all times.

### Car Parking

Participants should use the main driveway entrance and park in the car park field labelled 'Event Parking' only in front of Worthing House and not in the gravel car parks to the right and left hand side of Worthing House as this is reserved for disabled spaces, staff and volunteers only. Participants are responsible for ensuring vehicles are moved off the premises by 12.00 on the 26<sup>th</sup> September. Any vehicles that remain parked after this time will be locked in overnight and the owner will be responsible for contacting Worthing House.

### Dogs

Please ensure that you keep dogs on leads at all times, as you will have to cross a couple of roads and may also encounter livestock in the passing fields. Please collect any dog waste and place into a disposal bag, which you will need to provide. It is essential that your dog is fit and healthy before commencing the walk ensuring they are up to date with their vaccinations and not in season; also please ensure you have plenty of water for your dog.

### Toilets

Toilets are only available at the start/finish of the walk. Please ensure children have used the facilities before they begin the walk.

### Refreshments & Stalls

On your return to Worthing House, we invite you to join us for a hot/cold drink and a delicious bacon roll for a suggested donation to the Hospice, which is being kindly provided by More of the Good Stuff and Basingstoke and Deane Rotary Club. There will also be a few stalls for you to shop around.

### Sponsorship

This year it will cost over £5.5 million to operate the Hospice and provide our services to our local community, with less than 20% funding from the North Hampshire Clinical Commissioning Group. The remaining funds comes from the kind donations made by people like you.

Therefore, you may wish to use this opportunity to raise extra funds for St. Michael's Hospice by raising sponsorship from family, friends, work colleagues and neighbours. Although we understand raising sponsorship can be difficult, if you are able to, this makes a huge difference to us as over 50% of the income generated from this event is generated through participant sponsorship. For more sponsorship tips and information, please see our fundraising toolkit.

**On behalf of all our patients, their families and the dedicated staff and volunteers at the Hospice, thank you for taking part and choosing to support St. Michael's Hospice at a time when we have never needed you more!**

**Sponsored by:**



**Supported by:**

Basingstoke Deane  
**Rotary**



More <sup>OF THE</sup>  
**good stuff**

**For further information, please email [events@stmichaelhospice.org.uk](mailto:events@stmichaelhospice.org.uk) or call our Fundraising Hotline on 01256 848848.**