



Kindly sponsored by

JUNIPER[®]
RESEARCH



Woodland Walk & Run

Event Guide

Thanks for signing up to our 2024 Woodland Walk & Run!

We're delighted to have you on board. By attending our events you are raising vital funds for St. Michael's Hospice to support those with life-limiting illnesses and their families.

This pack includes everything you'll need to know:

- **Event info** including timings, routes and maps.
- **Fundraising tips** to help boost your sponsorship.
- **Sponsorship form** to help raise money offline.
- **Dedication poster** to complete if you're taking part in memory and celebration of your loved one.
- **FAQs** from what to wear to car parking.

With your generosity, we can continue providing free vital care for people across North Hampshire who have a life-limiting illness, are facing the end-of-life or experiencing bereavement.

People will never stop needing us, and with your help, we'll be there to provide support when families need it most.

From everyone at St. Michael's Hospice, thank you again.

We look forward to seeing you on Sunday 28 April!

Best wishes

Laura Toop, Events Manager



Event Information

Date: Sunday 28 April 2024

Location: Farleigh Wallop Estate
Basingstoke
RG25 2HT

Timings: 09.00: 10-mile runners depart
09.15: 5-mile runners depart
09.45: 10-mile walkers depart
10.00: 5-mile walkers depart

You will have chosen your time slot when booking, but please get in touch if you do not remember or would like to change your distance entry.

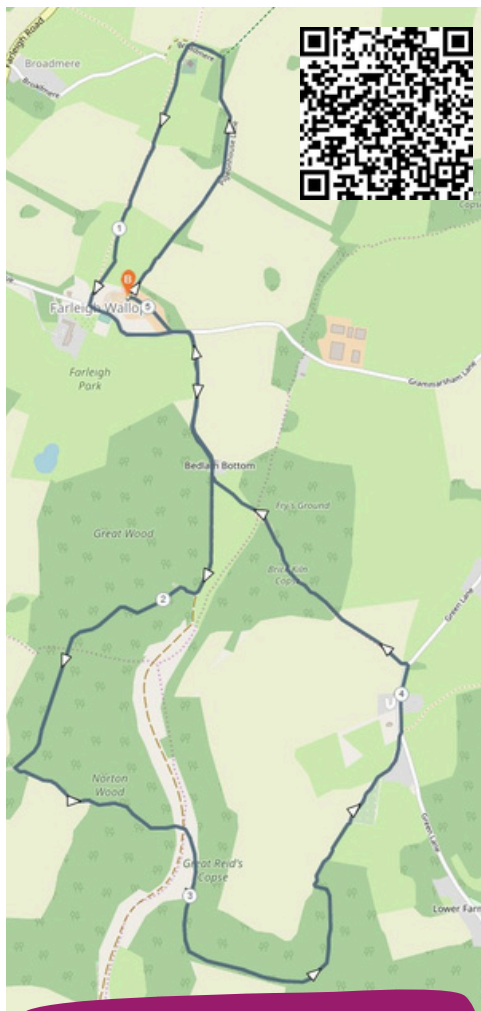
Upon arrival, please head to the barn to sign-in before you set off. All participants must sign-in and out at the barn.

We recommend people arrive around 20 minutes before their departure time to allow plenty of time to sign-in and use the facilities before you set off.



Routes

All routes are signposted, please follow the arrows. Marshals will be located along the route to help if needed. Maps are provided within this pack. You can also scan the QR code below in advance to download the route in a GPX format, allowing you to track the route on your smart device should you wish.



The routes do include a couple of very short walks along roads which will be marshalled; please obey the Highway Code at all times.

Please save the below number in your phone prior to the event day for emergency purposes only:

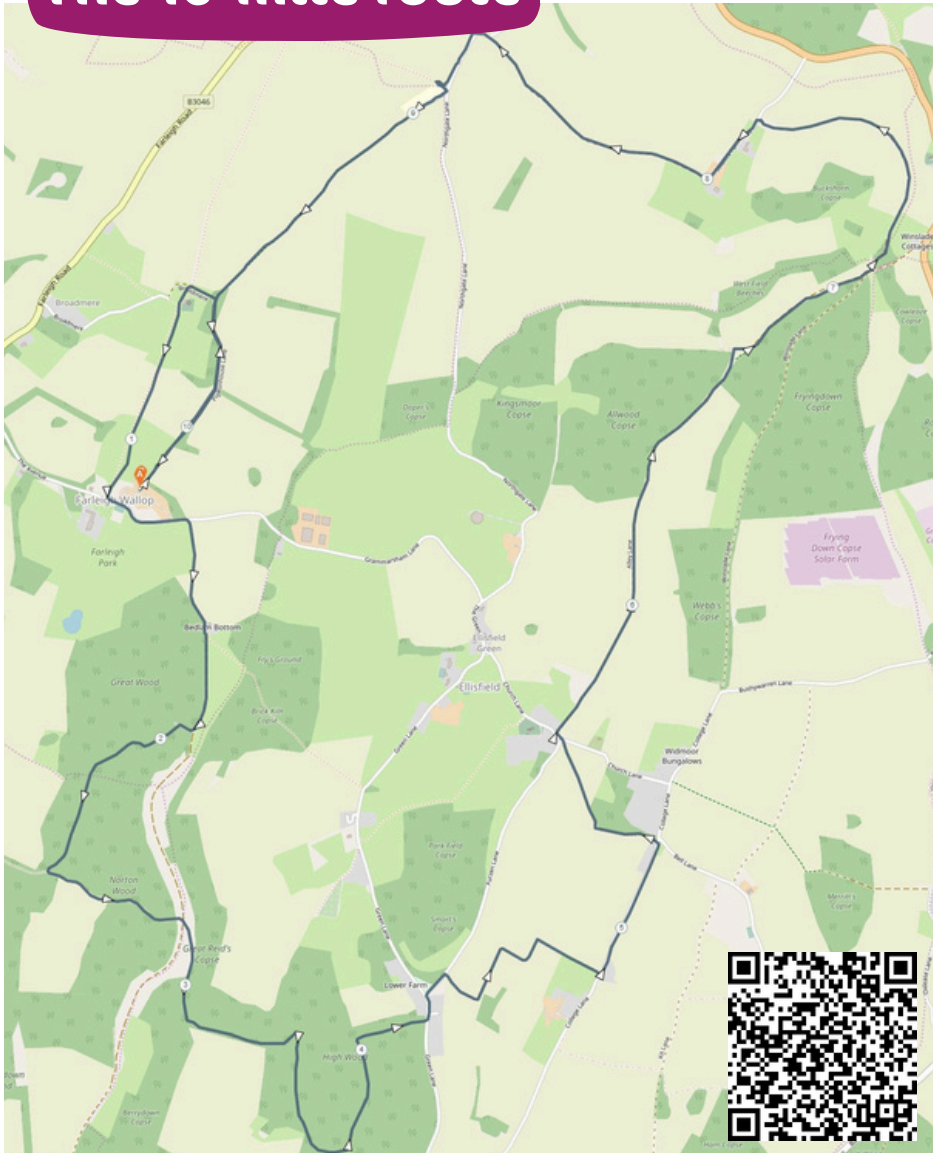
07788 856878

This number will put you through to the Events Team. Some areas of the walk may not have signal, please let a marshal know if you need assistance as they will have a radio to contact the main barn, if needed.

The 5-mile route



The 10-mile route



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.

How your fundraising helps

Your entry fee covers the cost of running the event, all the money you raise in addition will support patients and families during the most difficult of times.

Here's an idea of the difference your fundraising makes:

£36

can help fund a bereavement counselling session for a patient's loved one.

£50

can provide five bereavement activity books to help a child struggling with the loss of their relative.

£110

can provide a patient with pain relieving medication for 8 days to enhance their wellbeing and comfort.

£350

can fund ten hours of care from our Hospice at Home nurses for patients that have chosen to die at home.

Our vital services are only possible because of you.

With only 16% statutory funding, we need to raise £15,000 a day to continue providing free vital care for people across North Hampshire. We are so grateful for your help.

Thanks for supporting your local Hospice



Your support enables anyone with a life-limiting illness to attain the highest possible quality of life. Whether that's at our ten-bedroom In-Patient Unit or in the comfort of their own home.

Fundraising tips

Personalise your page!

A fundraising page will be automatically created for you when you register via Enthuse, however you can also use JustGiving. Add a photo to your page and make sure to share your reasons for supporting the Hospice. You can use a paper sponsorship form if you'd prefer too!

Share, Share, Share!

Tell everyone what you're doing and most importantly, why. Whether St. Michael's Hospice has personally supported you, a loved one or you just want to support a worthy cause. Let people know the difference they are making by donating to your fundraiser. Every donation, whatever the size, will make a difference.

Match Funding

Many companies offer their employees the chance to boost their fundraising efforts by matching the money they raise. Contact your employer and ask if they have a match funding scheme or are interested in setting one up.

Last year, your generosity helped us to provide:



Care for **260** patients in our in-patient unit.



411 bereavement sessions for families of our patients.

Frequently Asked Questions

Is there car parking?

Yes, participants should park in the car park labelled 'Event Parking' only. What 3 Words location: rubble.likely.racing. Please note, only authorised vehicles will be permitted in the courtyard/start area. Participants are responsible for ensuring vehicles are moved off the premises by 4pm. Any vehicles that remain parked after this time will be locked in overnight and the owner will be responsible for contacting the Estate Office.

Will there be toilet facilities?

Toilets are only available at the start/finish of the walk due to its remote location. Please ensure you have used the facilities at the barn beforehand.

What should I wear?


We advise participants wear layers and recommend long trousers as the route does occasionally involve walking through overgrown trees and shrubs. In addition, please make sure you're wearing appropriate footwear as the ground may be uneven, slippery, and muddy at times. There may also be overhanging branches in parts. Please remember to bring a water bottle too!

Can I bring my dog(s)?

Absolutely! Dogs are welcome and will receive a free St. Michael's Hospice bandana. We ask they are kept on leads at all times, as you will have to cross a couple of roads and may also encounter livestock in the passing fields.

From the families and staff at
St. Michael's Hospice - thank you!





“As a family we will always be grateful to St. Michael’s Hospice for looking after Sari when we needed them the most. We don’t know how we would have coped without them. The staff kindness, understanding and compassion is something we will always treasure in our hearts.”

Sari’s wife, Claudia

Keep in touch!

We’re here to support you every step of the way! If you have any questions or need some extra support, let us know:

- events@stmichaelsospice.org.uk
- 01256 848848



Registered with
**FUNDRAISING
REGULATOR**

St. Michael's Hospice (North Hampshire), Basil de Ferranti House,
Aldermaston Road, Basingstoke, RG24 9NB
stmichaelsospice.org.uk | Registered Charity No. 1002856