



Southend Walk to D'Feet MND

When: Sunday, 4th July 2021 The walk will start at 10.30 a.m.

Why:

- To raise funds through sponsorship, for patients living with MND in South Essex
- To raise awareness of MND by wearing MND logo T-shirts
- For all walkers to have an enjoyable time with their family, friends or work colleagues.

Where: Southend Seafront

The walk starts and finishes in the field south of the exit to **Southchurch East car park**, Lifstan Way, **SS1 2XE**. Efforts are being made to obtain free parking, otherwise a pay and display ticket will be necessary.

How Far: You set your own challenge.

Most walkers will set their target at the full 10 miles to Saltwater Cafe, Chalkwell, back to the start and then walk to Uncle Tom's Cafe, Shoebury and back; but those with health problems, or accompanied by children, can set themselves a shorter target which their sponsors will regard as a challenge for them.

Gift Aid: Please ask any of your sponsors who pay tax to tick the box to Gift Aid their sponsorship. Do ensure that they write their **FULL** names and **HOME** addresses, including postcode, clearly. We cannot collect the Gift Aid if we cannot read every letter – HMRC do not accept guesses – and over the years we have lost many thousands of pounds in Gift Aid because work addresses have been given. Please get your Sponsorship Form and money to Rowan by **31st August**.

Just Giving: If you want to arrange your sponsorship through the Just Giving Website, please give the following information: the date (4th July 2021), the Charity (Motor Neurone Disease Association), the Event (South Essex Walk to D'Feet MND).

Health and Safety: We have changed the route to make it safer from a Covid point of view. Please bring masks that you can slip on whenever you are too close to others. Avoid dehydration - water stops will be arranged near Adventure Island, Saltwater Cafe, Uncle Tom's Cabin and in Lifstan Way where your water bottles can be refilled. **Please bring your own water bottles.** Good footwear is vital. Bring sun-hats and sunscreen, or rainwear, depending on the weather forecast. **Do not walk** if you are feeling unwell on the day or have any Covid symptoms. If you are unsure about whether you are fit enough to participate, do consult your doctor beforehand.

Data Protection: You are giving us your contact details for South Essex fundraising events. We will not pass this information on to anyone else. Should you want your contact details to be passed to National Office, and no other organization, just tick the box at the bottom of the Registration Form.

Further Questions: Contact the organiser Sandy Lambert on telephone 01702 305759, e-mail: sessexmnd.sel@gmail.com or text: 07742 943472

SO PUT YOUR BEST FOOT FORWARD AND HELP IN THE FIGHT AGAINST M.N.D