



Wickford Memorial Park Walk to D'Feet MND

When: Sunday, 28th November 2021 from 10.30 onwards

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: Wickford Memorial Park - Anticlockwise

The postcodes of the various car parks are: SS11 8JE, SS11 8JS, SS11 8NF and another entrance without a car park: SS11 8HL. All car parks are free of charge but may be busy on a Sunday morning because of football, but you may park in the residential streets surrounding the park. Wherever you enter the park, start walking anticlockwise. We will be outside or inside the Cafe, which is near the excellent children's play area. Just give us your name in passing.

Registration: Please register by **Thursday, 18th November**. This will enable us to have sufficient hot jacket potatoes for all of you when you have completed your Walk.

How Far: You set your own challenge.

The path around the park is about 2.5k. Many of you will choose to do 4 laps and walk 10k. 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 **5th January 2022**.

Just Giving: If you want to arrange your sponsorship through the Just Giving Website, please give the following information: the date (28th November 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. **Please bring your own water bottles** which we will refill for you. Good footwear is vital. Consult the weather forecast and wear appropriate clothing. **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 Clair Fox on telephone 07818 436058, e-mail: mnda.cfox@gmail.com

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