



## Southend Walk to d'Feet MND

**When: Sunday 12<sup>th</sup> May 2024 – 10am Start**

Please gather by **9.45 am** so that photographs can be taken before the start.

**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**
- **To enjoy time with family, friends or work colleagues.**

**Where: Leigh / Southend Seafront**

The walk starts & finishes at the seawall behind Leigh Station, in the Leigh Marshes car park on the left-hand side. Parking payment can be made with MOBON or RingGo Apps (location code 602000) or there are phone numbers indicated in the car park to contact to make payment. The cost is £1.10 per hour up to 6 hours, and free for Blue Badge holders. The nearby station carpark is £1 per hour and £3.60 for over 3 hours, and has a ticket payment machine, but may have a car boot sale. Also, for the station car park, Blue Badge holders need to be registered with c2c.

**How Far: You set your own challenge.**

You can choose your own distance – between 1.5 and 10 miles (more details are on the registration form). There will be distance markers along the way.

**Sponsorship:** You can use the paper sponsor form, set up your own JustGiving page and/or use the dedicated Southend Walk to d'Feet 2024 JustGiving page ([MNDA South Essex Branch is fundraising for Motor Neurone Disease Association \(justgiving.com\)](#)). Please ask any of your sponsors who pay tax to tick the Gift Aid box. If using the paper sponsorship form please ensure that sponsors write their **FULL** names and **HOME** addresses 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 return your Sponsorship Form and money by **31<sup>st</sup> July**.

**JustGiving:** If you want to arrange your individual sponsorship through the JustGiving website, please give the following information on your page. the date (12<sup>th</sup> May 2024), the Charity (Motor Neurone Disease Association), the Event (South Essex Walk to d'Feet MND). State that funds are being raised for the South Essex Branch.

**Health and Safety:** Avoid dehydration – bring your own water bottle which can be refilled at water stops near Chalkwell Station, Adventure Island and the Toby Carvery. Good footwear is vital! National Office recommends wearing walking boots or strong shoes. Bring sun-hats and sunscreen, or rainwear, depending on the weather forecast. **Do not walk** if you are feeling unwell on the day. 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.

**Any Questions:** Contact the organiser Michelle by email [mich.shabi@gmail.com](mailto:mich.shabi@gmail.com)

**SO PUT YOUR BEST FOOT FORWARD AND HELP IN THE FIGHT AGAINST MND**