

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.



ORGANISE YOUR OWN WALK

Every step will take us closer to a cure

Organising your own walk is a brilliant way to have fun with your friends, family and colleagues. It's also a fantastic opportunity to help find a cure and improve life for everyone affected by Parkinson's.

We'll tell you all the key things you need to know to help organise your walk, whether you're planning a gentle stroll with a few friends or a more challenging hike through the mountains with your colleagues.

If you can't find what you're looking for, get in touch with the Regional Fundraising team on **020 7963 3912** or fundraising@parkinsons.org.uk



GETTING STARTED

Your walk

It's your walk, so it can be as challenging as you want it to be. Choose a route that suits you and your walkers – long enough to be a challenge but short enough for everyone to finish. Consider using existing walk routes and paths – such as bridleways, rights of way and public footpaths – when planning your walk.

For some inspiration and ideas visit:

- www.ramblers.org.uk
- www.nationaltrail.co.uk
- www.go4awalk.com

When you're planning your route, keep these points in mind:

- Is there a cost involved, like admission to a park? If so, you could enquire into a charity discount.
- Do you need to ask anyone's permission to access your route?
- What facilities are nearby or on the route, such as toilets?
- Is there somewhere suitable to park? Think about how you will get back to your car or home once the walk has finished.
- Can wheelchairs or buggies use the route? Make sure the route is accessible for everyone walking.
- Are dogs welcome?

Who will join you?

Once you've got an idea of where you'll be walking, who will you invite to join you on your walk? Think about asking friends, family or colleagues to walk with you. Make sure they all know that they can get fundraising materials and sponsorship forms from us too. Could one of your friends help you plan the walk in more detail?

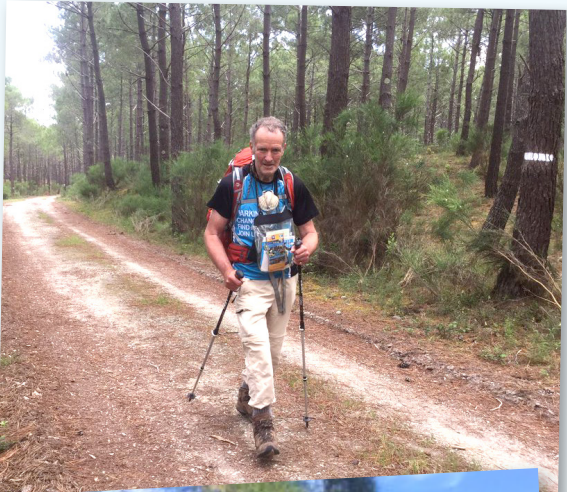
When?

- Think about selecting a good time for your walk when everyone will be free – would school holidays or a weekend be best? Avoid clashing with popular events.
- Think carefully about the time of year you're planning on walking. Would the route of your walk be affected by bad or cold weather?
- Pick a realistic date, giving you enough time to do everything.





Nicholas Harding from Surrey and his son, Matthew, completed Wainwright's Coast to Coast walk from St Bees to Robin Hood's Bay. Initially planned as a walking holiday, Nicholas' friends and family really wanted to sponsor him so he decided to raise money for both Parkinson's UK and a local charity. In total he raised nearly £2,500 including Gift Aid.



Peter Charles, aged 70, embarked on an epic 1,500-mile pilgrimage from his home in Buckinghamshire to Santiago de Compostela in Spain to raise funds for Parkinson's UK. Peter was diagnosed with Parkinson's in 2009 and he knew that this walk was going to be tough but was determined to complete it.

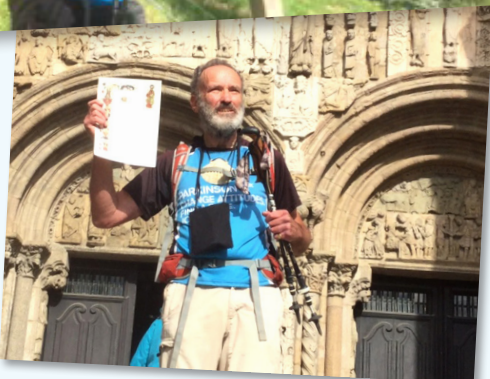
Here's Peter's advice to anyone taking on a more challenging walk:



Plan, plan, plan! Walking has become very popular because of its beneficial effects. There is a massive amount of information on the internet and there is a network of trails you could walk, so try to follow a recognised route.

I'd recommend getting the best possible equipment for your walk – buy quality and don't cut corners. Another important tip is don't go alone. A friend walking with you is a second opinion, a back-up, a companion and a source of comfort.

Finally, don't set yourself unrealistic targets and make sure you factor in regular rest days. ”



KEEPING SAFE

Risk assessment

We want you to have fun but it's important to stay safe as well. Doing a risk assessment is the best way to make sure your event is safe and secure – and it doesn't have to be complicated. It just means checking practical, common sense things. So give yourself time to check over your route, make yourself aware of potential hazards and put things in place to minimise any risk.

Use our risk assessment template and give us a ring if you want to talk it through.

If you're walking on your own, make sure someone else knows your route and is waiting to meet you at the end.

Other things to think about

- Think about where you are going to stop for lunch or dinner, and make sure that you have enough food and drink for the duration of your walk.
- If your walk is over a few days, make sure you have your overnight accommodation sorted in advance. The last thing you want is to arrive somewhere after a long day's walk with nowhere to rest.
- Always leave your full itinerary or walk plan and contact details with a friend or family member.
- Bring a small first aid kit, in case you get blisters or grazes, as well as any essential medicine.
- Make sure you bring items for every type of weather, from waterproofs and warm clothing to sun cream and a hat.
- Remember to bring your fully charged mobile phone just in case of emergencies.
- Have you read the country code? It's worth checking it out at www.gov.uk/government/publications/the-countryside-code
- It is advisable to take out a public liability insurance policy to protect yourself against anyone alleging that you were negligent in your organising of the walk if a third party suffers an injury or if their property is damaged.





Matthew Herman, from Neath Port Talbot organised a sponsored walk at Aberavon Beach in Port Talbot.

More than 40 walkers formed a relay team covering a distance of 26 miles between them, raising more than £1,000.



Vicky and Beth Allott-Hales walked 34 miles along St Swithun's Way from Farnham to Winchester. With a love for walking, they were keen to do a walk close to home while also raising awareness and funds for Parkinson's UK.

Here are their tips:

“

We would recommend drinking lots of water to keep hydrated, having plenty of high energy snacks to keep you going, and that you take a first aid kit – to treat any blisters along the way.

“We'd also recommend you really check out your route in advance and make copies of your map to ensure you know exactly where you're going.”



Sky Sports Presenter and Champion of Walking for Parkinson's UK, **Dave Clark**, was diagnosed with Parkinson's in 2011. In 2016 he set himself the resolution to complete his own 200-mile walk for Parkinson's UK. Dave was joined by over 100 people on his 13-day coast-to-coast walk.

Dave explains:



It was a tough challenge but the sense of achievement when I crossed the finish line was fantastic. I would thoroughly recommend anyone considering walking for Parkinson's UK to go for it! I know not everyone can walk as far as I did, but there are so many different types and lengths of walks available you will be sure to find one that suits you. ”

If I could give you three top tips they would be:

1. Let Parkinson's UK know about your walk. They can provide you with all the fundraising materials you will need, such as a Parkinson's UK T-shirt, as well as lots of advice and support as you plan your walk.
2. Believe in yourself. We know that it can be daunting doing your own walk but remember that for every step you take and every pound that's donated we are getting closer to a cure.
3. Have fun! Walking can be incredibly enjoyable and provides you with an opportunity to escape your normal life and experience new people and places. My walk was a life-changing experience and proves that we can all lead an active and positive life.

WHAT'S NEXT?

So you've planned your route, invited people to take part and made sure the walk is safe. Now you need to spread the word about your fundraising and prepare for the big day!

Let everyone know

- Use our walk poster to let people know what you're doing and encourage them to either take part or sponsor you.
- Why not raise awareness of your walk in your workplace by holding a bake sale? Or use our sweepstake to bring in some additional sponsorship? Don't forget we have a collection tin, banners and balloons you can use.
- Set up an online giving page, such as JustGiving or Virgin Money Giving. See our fundraising pack for more information on this.
- Have you considered letting your local newspapers know about your walk? Get in touch with your Regional Fundraiser to produce a press release.

Final preparations

- Order your free Parkinson's UK T-shirts for each walker from our Regional Fundraising team.
- Make sure all your walkers know the route and print out some maps for everyone to have a copy.
- Remind your walkers where and what time you will be meeting to start the walk.
- Check the weather forecast – we hope it will be a fine day.
- Lastly, have a great time!

After the walk

It's not over yet. You will have had plenty of support to make your walk a success, so don't forget to thank everyone who helped, walked and sponsored you.

And make sure you tell them how much you've raised – they'll be pleased to hear about your success and feel inspired to get involved next time.

Please let us know how your walk went and email photos of your event to fundraising@parkinsons.org.uk

Finally, you'll need to collect your funds and send in your hard-earned cash. See our fundraising pack for more information on this.



Every hour, someone in the UK is told they have Parkinson's – a brain condition that turns lives upside down, leaving a future full of uncertainty.

Parkinson's UK is here to make sure people have whatever they need to take back control – from information to inspiration.

We want everyone to get the best health and social care. So we bring professionals together to drive improvements that enable people to live life to the full.

Ultimately, we want to end Parkinson's. That's why we inspire and support the international research community to develop life-changing treatments, faster. And we won't stop until we find a cure.

**Together we can bring forward the day
when no one fears Parkinson's.**

Parkinson's UK
215 Vauxhall Bridge Road
London SW1V 1EJ

Free confidential helpline **0808 800 0303**
(Monday to Friday 9am–7pm,
Saturday 10am–2pm). Interpreting available.
Text Relay **18001 0808 800 0303**
(for textphone users only)

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