



## Southend Walk to D'Feet MND

**When: Sunday 20<sup>th</sup> May 2018**

The walk will be started at 10 a.m. but walkers are asked to gather by **9.45 am** so that photographs can be taken before the official 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**
- **For all walkers to have an enjoyable time with their family, friends or work colleagues.**

**Where: Leigh / Southend Seafront**

The walk starts and finishes at the seawall behind Leigh Station, in the first car park on the **left-hand** side. 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 Halfway House, (now called Toby Carvery, Thorpe Bay), 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 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 **31<sup>st</sup> July**.

**Just Giving:** If you want to arrange your sponsorship through the Just Giving Website, please give the following information: the date (20<sup>th</sup> May 2018), the Charity (Motor Neurone Disease Association), the Event (South Essex Walk to D'Feet MND).

**Health and Safety:** Avoid dehydration - water stops will be arranged near Chalkwell Station, Adventure Island and the Toby Carvery, where your water bottles can be replaced or refilled. 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 this specific event. 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](mailto:sessexmnd.sel@gmail.com) or text: 07742 943472

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