



South Essex Walk to d'Feet MND.

When: Sunday 10th May 2026 – 10am Start

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

Why:

- **To raise funds through sponsorship, for people living with MND in South Essex**
- **To raise awareness of MND by wearing MND logo T-shirts (available, free of charge)**
- **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. We walk through old Leigh and along the seafront to The Halfway House, then come back. Leigh Marshes Car Park may have some room for parking and there is more on the road (free for blue badge holders). There is no ticket machine, so you need to pay online. There is free parking for all further down the road and on Two Tree Island. The nearby station car park is £5 for the day 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 beforehand with c2c-parking.co.uk.

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 Branch 2026 JustGiving page (<https://www.justgiving.com/page/southessex-mnd-association>). 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, not work addresses. We cannot collect the Gift Aid if we cannot read every letter – HMRC do not accept guesses. Please return your Sponsorship Form and money by **31st July**.

JustGiving: If you want to arrange your individual sponsorship through the JustGiving website, please give the following information on your page. The date (10th May 2026), 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 the Halfway House 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 Sophie by email sophie.bell@mndassociation.org
So put your best foot forward and come and help us make every day count.