

## Conditions of entry

I understand this is a walk and not a race and that walking on towpaths/public footpaths could be potentially hazardous.

All 12-16 year olds will be accompanied by an adult. I confirm I am over 16 years of age and have no known health problems which will prevent me from taking part in this walk.

I acknowledge that I participate in this event at my own risk and that St Richard's Hospice cannot be held liable for any injury, loss or damage caused or sustained as a result of my participation. I confirm that I will abide by all the rules and regulations set out by St Richard's Hospice for participating safely in this event.

I understand this is a fundraising event and pledge to raise as much money as possible.

I understand that St Richard's Hospice may take photographs of me taking part in this event and permit them to use the images for promotional purposes, if signing for a child I give permission to use their image.

Organisers, marshals and first aiders have the right to refuse participation at any stage during the walk. I will abide by the Waterways Code as outlined by British Waterways

[www.britishwaterways.co.uk/media/documents/Waterways\\_Code\\_Leaflet.pdf](http://www.britishwaterways.co.uk/media/documents/Waterways_Code_Leaflet.pdf)

## Gift Aid

We can claim Gift Aid tax relief of 25p on every pound you give and HMRC will also be operating transitional provisions for Gift Aid donations made from 6 April 2008 until 5 April 2011, paying a Government supplement of 3p on every pound you give. To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount that the charity will reclaim on the donation. We will treat all donations that you have made for the four years prior to this year and all donations you make in the future, until you notify us otherwise, as Gift Aid donations.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Full event details including sponsorship form will be sent within 14 days of receipt.

Please return to  
**St Richard's Hospice**  
**Waterways Walk**  
**Wildwood Drive, Worcester WR5 2QT**



## We need your support

St Richard's Hospice needs you to raise as much sponsorship as you can. Every penny really does count! Thanks to your generosity, your sponsorship will help us fund a wide range of services for our 2,100 patients and their families, making St Richard's Hospice such a welcoming and supportive place for all concerned. Below are just a sample of how your sponsorship can help.

### £50 – Gives comfort and support when it matters most.

Our skilled counsellors help patients and families at a very difficult time in their lives, often when they feel overwhelmed by their emotions. The hospice cares for the whole family, as well as the patient.

### £75 – Brings support and time to talk to families before and after death of a loved one.

Our Memory Days help capture those special moments to take into the future and is particularly helpful to the children we support.

### £100 – Provides skilled nursing care day and night, vitally important when you or someone you love is in great pain.

Our 16 bed In-patient Unit is open 24 hours a day, 365 days a year. Our day hospice is also very popular with specialist help available as well as friendship and therapies. For those who wish to stay at home for their last days, our Hospice at Home service can make this a comfortable choice.

### £150 – Provides six deep relaxation sessions for a patient.

A wonderful and relaxing aromatherapy massage, Indian head massage, reiki or reflexology sessions.

### £200 – Provides twenty bathings to help ease away a patients pain, in a relaxing whirlpool bath.

Our nurses and trained volunteers can also help by using a hoist to lift patients gently in and out if needed.



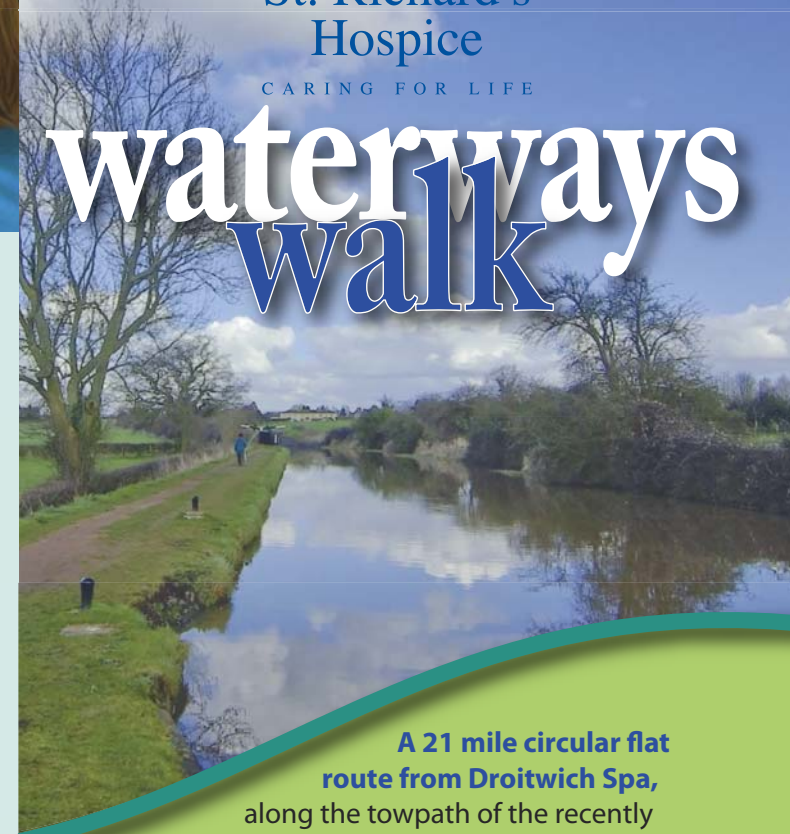
New for 2010



St. Richard's  
Hospice

CARING FOR LIFE

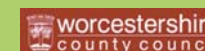
# waterways walk



A 21 mile circular flat route from Droitwich Spa, along the towpath of the recently renovated Droitwich Canal to the magnificent River Severn and back along the Worcester – Birmingham Canal.

**Sunday, 15th August 2010**

Kindly supported by



Find us on Facebook  
[www.facebook.com/strichards](http://www.facebook.com/strichards)



Charity No. 515668

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# waterways walk

Sunday, 15th August 2010



## The route

The circular route starts at Droitwich Rugby Club/Droitwich Spa Marina Site (on the B4090 Hanbury road out of Droitwich Spa – WR9 7DU). Start between 6.30am – 8.30am. This NEW 21 mile sponsored walk is 95% on towpaths and riverside footpaths. Taking you through beautiful scenery and open countryside of Worcestershire, this walk will pass 41 locks. The half way point check in post will be at The Anchor Inn, Diglis. Bring a picnic or stop and eat in the Diglis/Sidbury area.

You will need to be reasonably fit to complete this walk (at least 8 hours of walking excluding lunch/rest stops) and unfortunately it is not suitable for wheelchair users, pushchairs or children under 12 years. Dogs allowed (but please clean up after it and keep it under control).

## Why do it?

St Richard's Hospice provides free specialist palliative care for adult patients living with cancer and other life-threatening illnesses and supports their families. Each year the hospice team supports over 2,100 patients and family members in Worcestershire.

Patients are cared for in Day Hospice, the 16-bed In-patient Unit or in their own homes by a specialist professional team as well as many trained volunteers.

In the In-patient Unit specialist staff are on hand 24 hours a day to manage patients' symptoms and where, if they so choose, patients may spend the last few days of life in comfort and dignity. St Richard's is grateful for all donations towards the £5m they need to raise this year to continue their work.

For more information please visit [www.strichards.org.uk](http://www.strichards.org.uk). Take a look at our new 6 minute DVD on line go to [www.strichards.org.uk/care](http://www.strichards.org.uk/care)

We rely almost entirely on the generosity of our supporters and volunteers to continue our work. **Put simply, we can't do it without you!**

Sign up today and have fun, get fit and support St Richard's Hospice.

## How to register

Registration is FREE but we ask all walkers to raise as much sponsorship money as possible. This walk relies on you collecting sponsorship to be successful. **Registration closes on Friday, 6th August.** Due to organisational constraints only those pre-registered will be able to take part, so don't delay and register today! **Places are limited.**

**Post:** complete the registration form below and sign overleaf  
**or Email:** Participant names, home address, mobile no and email address to [appeals@strichards.org.uk](mailto:appeals@strichards.org.uk)  
**or Phone:** 01905 763963 and ask for the fundraising team

## Questions?

Please contact the Fundraising Department on 01905 763963 or email [aparkes@strichards.org.uk](mailto:aparkes@strichards.org.uk)

## Registration Form

One form per walker please

More forms can be downloaded from [www.strichards.org.uk/waterwayswalk](http://www.strichards.org.uk/waterwayswalk)

You are welcome to photocopy this blank form too.  
**Registrations close on Friday, 6th August 2010.**

Title \_\_\_\_\_ First Name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Home Phone No. \_\_\_\_\_

Mobile Phone No. \_\_\_\_\_

(all walkers must carry a mobile phone on the day)

Email \_\_\_\_\_

If you do not wish to receive correspondence from St Richard's Hospice, please tick box

If you do not wish to receive email updates from St Richard's Hospice, please tick box

If you do not wish to receive occasional text messages from St Richards Hospice, please tick box

We do not share your contact details with third parties.

I have read and agree to the Conditions of entry as set out overleaf

Signed: \_\_\_\_\_ Date: \_\_\_\_\_