



Starlight Hike 2023

Welcome pack



 Registered with
FUNDRAISING
REGULATOR



Your night under the stars



What to bring

- ✦ Your walker number, which will have been posted to you or the person who purchased your ticket. Please make sure you complete the emergency contact details on the back of your walker number.
- ✦ A dedication sign to wear on the night. If you are walking in memory of someone special you can customise this with your own personalised message or images.
- ✦ Safety pins to attach your walker number and dedication sign to your t-shirt.
- ✦ If you have already received your free Starlight Hike t-shirt, please bring this along to wear as your top layer over any coats or jumpers. Don't worry if you haven't got your t-shirt, you can collect it on the night.
- ✦ Make sure you have a comfortable pair of shoes like trainers or walking boots and wear warm socks!
- ✦ Bring wet-weather clothing and wrap up warm.
- ✦ Try and bring a torch. The route will be dimly lit, and while there are marshals along the route, you may still find it helpful to bring a torch.
- ✦ Please bring a bottle of water. There will be areas where you can get refreshments, however we still recommend bringing your own drink to take with you on the walk.
- ✦ Bring a fully charged mobile phone (ideally with the mobile number you provided when you signed up), and please make a note of the emergency number detailed on your event information sheet.
- ✦ Bank card or cash for purchasing refreshments or merchandise, including our range of flashing and glowing items.
- ✦ There will be some food available at the start and finish, but you're welcome to bring your own snacks.
- ✦ If you are bringing your dog, please remember to bring poo bags. You will be required to clean up after your dog and keep it on a lead at all times.

When you get there

- ✦ When you arrive, make your way to the Registration desk in the Start/Finish area. We will then confirm your details and check you in. If you haven't collected your Starlight Hike t-shirt already, you'll be directed to where you can collect this.
- ✦ We will be taking photos and video footage at the event which we may use to promote future events. If you do not wish to be included in any images or videos, please let us know at the Registration desk.
- ✦ Once you've signed in, you can enjoy the entertainment and purchase refreshments and merchandise in the Start/Finish area.
- ✦ Don't forget to share your experiences on the night! We would love to see your photos on social media – just remember to use the hashtag #StarlightHike.
- ✦ Please listen for announcements as we gather you all at the start line, count you down and send you on your way.





On the walk

- ✦ You'll have a route map and there will be marshal points along the route if you need any assistance.
- ✦ We'll have a back walker to ensure everyone crosses the finish line.
- ✦ There will be a dedication area along the route where you can take a moment to reflect and remember. We ask that you are courteous to others in this area.
- ✦ Finally, and most importantly, remember to have fun!

Facilities available

- ✦ Toilets are located in the Start/Finish area.
- ✦ Refreshments are available to purchase from the Start/Finish area.
- ✦ We do not have any bag storage facilities so please be prepared to carry all your belongings with you. We strongly recommend that you do not bring any valuable items with you.
- ✦ Rubbish bins will be available at the Start/Finish area and on the route, but where possible we ask that you please take any rubbish home with you.
- ✦ First aid is available; if you need assistance, please contact the emergency number or speak to a marshal.

Safety information

- ✦ In case of an emergency, or if you or someone you see needs first aid or assistance, please contact the emergency event number on your event information sheet.
- ✦ In the unlikely event of a serious accident or medical emergency, please call 999 and inform the relevant emergency services. Please also call the emergency event number on your event information sheet.
- ✦ Where possible, please notify the closest marshal of any emergency incidents.
- ✦ If for any reason you do not complete the walk, please call or text the emergency event number and provide us with your walker number.
- ✦ Under 16s must be accompanied by a responsible adult at all times.
- ✦ The event is not a race so please take the walk at your own pace. Our back markers will remain behind the last walker.
- ✦ When walking on or crossing roads, please abide by the rules of the highway code and where possible always walk on the pavements.
- ✦ Please do not take unnecessary risks.
- ✦ Please be prepared to walk in single file if needed and give way to other members of the public.

Fundraising

Families urgently need our support as they face the most difficult times of their lives. But the cost of being there is rising all the time.

The cost of caring for people has increased by nearly 20%, while our government funding has increased by only 3% on average over the last year. These pressures are set to keep increasing in England as the amount of people needing vital end-of-life care is projected to rise by 55% by 2030.

Your donations and fundraising will support Sue Ryder to continue to provide essential end-of-life care and bereavement support and help us to be there when it matters.

Here are our top five fundraising tips:

1. Online fundraising pages are the best way to collect donations and it's never too late to set one up. Visit [justgiving.com](https://www.justgiving.com) to set up your page, and don't forget to add a photo, tell people why you are taking part and share your page on social media. If you would prefer to use a sponsorship form please contact us.
2. Set yourself a fundraising target: so you know what you are trying to achieve and so that everyone else can help you get there.
3. Set the bar high – ask someone who you know will support you with a generous donation to make the first donation on your online page or sponsorship form.
4. Ask your employer to match fund what you raise.
5. Think outside the box; you don't have to just ask people for sponsorship, you could organise some fundraising activities instead such as sweepstakes, bake sales, raffles, quizzes and dress down days – there are plenty of ways to reach your target. If you need any support with your fundraising, please contact us. You can also find more ideas at [sueryder.org/support-us](https://www.sueryder.org/support-us).

Gift Aid



Gift Aid is a government scheme that allows charities to reclaim the tax that you have already paid on your donations through UK Income Tax or Capital Gains Tax. We can claim 25p on every eligible £1 donation. If you're using a paper sponsorship form, please remind those sponsoring you to fill out all their details clearly and tick the Gift Aid box. And please remember to send us your sponsorship form with your fundraising money after the event.

If you are using an online fundraising page, people donating to you will be asked to complete a Gift Aid declaration when they make their donation.

Please remember that we cannot claim Gift Aid on ticket sales, raffles or anything you sell. Visit [sueryder.org/giftaid](https://www.sueryder.org/giftaid) for more information.

After the event

- ✧ Let all your sponsors know you completed the walk and share photos from the night on social media.
- ✧ We'd love to see your photos too, so please share them on the Starlight Hike Facebook Group.
- ✧ Collect any donations or sponsorship monies that have been pledged to you.
- ✧ Once you've collected your sponsorship or any money you have fundraised, please send it to us as soon as possible. Details of where to send your donations are included in your event information sheet.
- ✧ If you raised money through an online fundraising page you can just relax, as these donations will come to us automatically.



**Thank you for
taking part in
Sue Ryder
Starlight Hike!**

Event Information



Sue Ryder Starlight Hike Bedford

Thank you for supporting Sue Ryder by joining us at this year's Starlight Hike. In this pack you'll find everything you need to get prepared for the big night and kick-start your fundraising.

Starlight Hike Bedford will take place on Saturday 14th October 2023 at Everard Meadow, Longholme Way, Bedford, MK42 0BX.

Getting here

There is ample free car parking located at Everard Meadow, Longholme Way, Bedford, MK42 0BX.

What3Words location: ///Patrol.Shield.Stove

Timings

Registration opens from **5:30pm** and the 5k and 10k walks start at **7pm**.

When you arrive, please go to the registration tent, which you'll find in the Start/Finish area.

Entertainment

There will be live entertainment from 5.30pm performed by Rock Choir, Power Academy of Dance and an energetic warm up from Lisa Hillier Fitness. Live entertainment will resume from 8pm. They'll also be a Glitter Face painting available in the main Start/Finish area.

Toilets

These are located in the Start/Finish area.

Refreshments and hot food

The Stirrup bar will be serving alcoholic, soft and hot drinks. Gut busters will be offering burgers, hot dogs and loaded nachos. La Carrozza will be offering fresh pizza to order. If you are not full by then, Mr Ice Cream Man will be serving up hot desserts.

On the route

The route will be signposted and there will be marshals along the route if you need any assistance. Please be aware that the route does go alongside open water; please hold children's hands and stick to the pathway. If you are doing the 10K route, please be aware that you will be doing two loops of the route; as you approach the end of the first loop, you will be directed to carry on by the marshals. On the route you'll be entertained by Bedford Town Concert Brass Band, Winter Birds vocal group and Dancestarz Cheerleading will keep you moving.

At the end

Don't forget to collect your medal after crossing the finish line!

In case of an emergency

Please contact our emergency event number 07976 897697 or 07966 740566.

On the day registrations

Family and friends can still sign up to take part in Sue Ryder Starlight Hike Bedford on the day from 5.30pm. Adult entry is £20, children aged 6-17 years are £6, and children 5 and under are free.

Paying in your fundraising

You can send donations and sponsorship forms to Sue Ryder St John's Hospice, St John's Road, Moggerhanger, Bedfordshire, MK44 3RJ during normal office hours. Alternatively, you can call us on 01767 642412 to make a card payment or pay in your sponsorship through our webpage at sue Ryder.org/donate to donate online.



Save the date
for next year
**Saturday 12
October 2024**

