



Thank you once again for signing up for this year's Sunset Starlight Walk on Saturday 9th September. This document contains all the information you'll need on the day.

Sunset Starlight Walk is a sponsored walk and we hope to raise £30,000 from the event to fund our essential services. If you're yet to get sponsorship for your walk, check out the **easy ways to fundraise** section to help us continue providing our specialist care to local families.

We look forward to seeing you on Saturday and lighting up the night together! The current weather forecast is looking hot, so it should be the perfect evening for our 'walk to remember'.



Where: Mercure Letchworth Hotel, Letchworth Lane, Letchworth Garden City, SG6 3NP

Parking is available but limited, so walkers are encouraged to car share where possible. If you live locally, we recommend walking to the start (and getting a few extra steps in!).



17.00: Registration opens in the Arlington Suite, next to the car park, where our volunteers will check you in. You will receive an event wristband which must be worn throughout your walk. Toilets are available inside the hotel.

Before the walk: There's a real buzz about the registration area prior to the walk starting, with opportunities to fill out an inspiration heart, take part in our raffle, get your face painted and buy branded merchandise. A 'Really Awesome Coffee' van will also be available.



18.30: The walk starts... good luck and most importantly, have fun! Friends, family and colleagues are invited sign up on the day should they wish to join you, and dogs are also welcome to take part!

During the walk: Portaloos will be available for your use half way at Hitchin Garden Centre, and the coffee van will also reappear. Snacks and dog treat stations are also available throughout the route.

21.30: You must aim to be finished by this time. A complementary glass of fizz or juice and a hot snack will await you at the hotel, and the bar will be open should you wish to "cheers" the day with your loved ones!

Kit list

- ✓ Sensible walking shoes/trainers
- ✓ Comfortable clothing
- ✓ Jacket (waterproof is best, just in case!)
- ✓ Water and snacks
- ✓ Torch or headtorch
- ✓ Mobile phone
- ✓ Card/cash
- ✓ Fancy dress and glow sticks (optional, but recommended!)

Points of interest

The route is just over 6.5 miles, taking in the village of Willian and several miles of the Greenway before winding back into Letchworth. The route will be fully signed with volunteer marshals helping to direct you.

Aside from the wonderful natural route you will follow, we have also added a few surprises along the way:

- A selfie and sweet treat with our mascot Harry the Bear
- The 'Tunnel of Lights'
- Live harp music at the Broadway Gardens fountain



Contact us

- **On the day**, if you have any queries before or during the walk, please contact our events number on **07535 585460**
- For any non-emergency medical issues, please contact our medical team on **07919 893095**
- Please call **999** for any emergency issues



Sunset Starlight Walk is a sponsored walk and we hope to raise £30,000 from this event to fund our essential services. Here are some fundraising targets you could aim for and how it would help:

- £68 could pay for a patient to attend two strength and balance classes
- £194 could pay for 7 hours of home visits from our community nursing team
- £250 could pay for 15 hours of specialist care on our Inpatient Unit

We understand it can feel daunting knowing where to start with your fundraising, so we've put together a selection of ideas in a video that you can do on your own, at the gym, at home or in the workplace. Watch it at: www.youtube.com/watch?v=xaSXE0M2FNw.



Create a fundraising page on JustGiving and however you choose to raise sponsorship, ask your friends to sponsor you via your unique link. Visit www.justgiving.com/campaign/ssw23 and follow the steps to get started.

All that's left to say is, on behalf of everyone at Garden House Hospice Care, thank you again for your support. We look forward to seeing you on Saturday 9th September!

Garden House Hospice Care - Events Team