



# Manchester Midday Walk

A sponsored walk in aid of St Ann's Hospice

## Bee part of the fun



### Will you join our Midday Walk?

0161 498 3631

[fundraising@sah.org.uk](mailto:fundraising@sah.org.uk)

[www.sah.org.uk/middaywalk](http://www.sah.org.uk/middaywalk)

Registered charity number 258085



Registered with  
FUNDRAISING  
REGULATOR

# What is the midday walk?

**Our successful Manchester Midnight Walk, a 10km sponsored walk through Manchester City Centre, is now in its 13th year! Now we want to get schools, nurseries and youth groups involved!**

As a local charity, we want to get all children and young people in Greater Manchester walking and raising money for St Ann's Hospice!

We are asking you to pick a distance to suit you, and put your best foot forward and take on this sponsored walk to raise vital funds.

## How will it benefit you?

-  Exercise is good for children's health and wellbeing
-  Builds a sense of common purpose
-  Good team building and sense of community spirit
-  Shows a great example of how to give back
-  Allows children an insight into hospices and the work they do
-  Could help any children who may have been affected by grief focus on supporting charity in a positive way

change  
4 life

says...

- Children need to be active for 60 minutes a day
- Exercise helps attention levels and performance
- It can improve mood and confidence
- It helps them to sleep better

## Help us fill our honey pot with lots of money to support local patients

St Ann's Hospice needs to raise **£20,000** every single day, we're so incredibly grateful to everyone who fundraises for the hospice. Every penny really does make a difference to the lives of our patients.

Here's how the money you raise could help:



-  **£10.30** could help us top up toys in our play area to give families a place to enjoy together
-  **£15.80** could go towards the materials required for patients to make a memory box for loved ones
-  **£20.60** could pay for a therapy session for a patient or carer
-  **£59.85** could pay for food for a week for one of the patients on our wards
-  **£101.20** could provide a two hour specialist rehabilitation session
-  **£200** could pay for a member of our community team to visit a patient in their home
-  **£600** could help us to run our ambulance for a week

## Why we're taking part

Amanda Murray, teacher at Norbury Primary School said:

"We are supporting St Ann's as our Charity of the year, and we are very excited to take on this challenge! We are asking each pupil to get some sponsorship off their friends and family. Each class is going to create a bee sculpture to go around the route we are walking."



## Put your best foot forward and follow these five simple steps...



- 1. Tell us that you are taking part!**  
Call or email us using the details on the front of the pack so we can support you.
- 2. Choose a date to hold your Midday Walk**  
We recommend allowing at least a month for children to raise those vital funds.  
*It would be great if we could get as many groups taking part on the same date as our Midnight Walk - Friday 26th April.*
- 3. Plan your route**  
Do you want to do 1km/2km/3km or even 10km? Could you do laps of your playground or school field?  
*Did you know? You can plan a distance really easily on google maps by right clicking 'measure distance' and then clicking around your route.*
- 4. Tell everyone what you're doing!**  
Get everyone involved so they can get excited about it and behind you all!
- 5. Raise sponsorship!**  
Give each child a sponsor form to take home. You could also set up an online fundraising page for your school or group.

## Hints and tips

-  Get children to get arty and design posters to promote the event and make accessories to wear on the walk.
-  Make it fun – you could set competitions and offer prizes for the top fundraiser etc.

# Have fun but stay safe!

## Charity statement and logo

All publicity materials should state “in aid of St Ann’s Hospice, Registered Charity Number 258085.”

We can also supply our ‘in aid of St Ann’s Hospice’ logo for you to use. In addition if you need a letter of authority we can also organise this for you.

## First aid cover

Consider if you will need first aid cover. Manchester Medical Services, St John’s Ambulance and British Red Cross provide these services. Also think about whether you need to notify the Police or Fire Service in advance of your event.

## Insurance

For information, your event will not be covered by the St Ann’s insurance policy, but you may wish to make sure you are covered in case of any incidents.

## Risk assessment

Don’t forget to do a risk assessment for your activity.

Key things you may wish to consider are:

- ◆ Handling money safely
- ◆ Possible accidents
- ◆ Risk of slips and trips
- ◆ Manual handling (e.g. lifting heavy items safely)
- ◆ Fire exits
- ◆ Emergency vehicle access
- ◆ An identifiable First Aider with first aid box/ access to venue’s first aid box

# What we can offer you if you take part

- 🍯 Downloadable resources including: template posters, flyers, letters, sponsorship forms, certificates, a Powerpoint for a presentation or assembly
- 🍯 Advice and support from our fundraising team
- 🍯 A St Ann’s Hospice ambassador to come and talk to you about what the hospice does
- 🍯 A shout out on our social media – make sure to let us know your details if you want this
- 🍯 Medals for all children taking part
- 🍯 A cheque presentation after your event
- 🍯 A visit from Stan our mascot for top fundraisers
- 🍯 Discounted adult places for our Manchester Midnight Walk

# Paying in your fundraising

- ◆ Pay in online [www.sah.org.uk/donate](http://www.sah.org.uk/donate) Please enter the name of your school or community group in the comment box on the page.
- ◆ Send us a cheque made out to: St Ann’s Hospice (please do not send cash in the post)
- ◆ Drop off at your local St Ann’s Hospice (please phone 0161 498 3631 in advance to check members of the Fundraising Team are in):

### Heald Green

St Ann’s Road North,  
Heald Green, Cheadle,  
Cheshire, SK8 3SZ  
Telephone: 0161 437 3631

### Little Hulton

Meadowsweet Lane (off Peel Lane),  
Little Hulton,  
Worsley, Manchester M28 0FE  
Telephone: 0161 702 5426

### Neil Cliffe Centre

Wythenshawe Hospital,  
Southmoor Road, Wythenshawe,  
Manchester M23 9LT  
Telephone: 0161 291 2912

Thank you for supporting St Ann’s Hospice  
BEEcause we could not do it without you!

