

BIG FUN WALK 2024

North
London
Hospice



Participant Information Booklet

Thank you for registering for Big Fun Walk 2024!



OVER
£180,000
RAISED

OVER
1,300
REGISTRATIONS

OVER
50
VOLUNTEERS

This participant information pack will guide you through the next steps as you begin collecting your sponsorship for Big Fun Walk. It will tell you:

- What happens next
- How to raise your sponsorship money
- How to set up an online fundraising page
- Ideas on how to boost the amount you raise

But first we need to say a **HUGE** thank you!

Your support of the hospice means that we can continue providing our specialist end-of-life care and support to over 3,500 patients and their families across the boroughs of Barnet, Enfield and Haringey.

By joining Big Fun Walk you'll be making memories that last a lifetime. We are delighted you've chosen to join our long-standing and inclusive community of Big Fun Walkers, whilst raising vital funds for North London Hospice. Last year was one of our biggest yet, with over 1,300 of you raising over £180,000! We warmly welcome the returning fantastic walkers as well as our new joiners – we cannot wait to see you, raise vital funds with you, and hope you look forward to being part of something special.

Further information can be found in our FAQs on the Big Fun Walk webpage. If you require any further assistance, then our friendly Fundraising Team will be more than happy to help! You can contact us on 020 8446 2288 or email bigfunwalk@northlondonhospice.co.uk

What happens next?

1

We recommend you begin fundraising as soon as you can. It is never too soon to sign up your potential sponsors and this will also help spread the word.

2

Your t-shirt and wristband will arrive a few weeks before the walk. We look forward to welcoming you on the day in Cherry Tree Wood.

3

Your wristband will act as your ticket so please do not lose this. If you have registered on or after Friday 24 May, you will have to collect your wristband and t-shirt on the day at the registration desk in Cherry Tree Wood.

4

Remember to check your emails! Online registrants will receive monthly updates and further information about the event from now until the big event day; **Sunday 2 June**.



In spring you will be able to access our 2024 route map via our Big Fun Walk webpage which will be full of tips and information to set you up for success. Please note, the route is subject to minor alterations due to road works and route permissions. Rest assured, if the route needs to be substantially altered, we will notify you as soon as possible.

Visit northlondonhospice.org/events/big-fun-walk-2024/ or scan the QR code for further information.>



Need to speak to us? Contact our Fundraising Team on **020 8446 2288**

How to raise your sponsorship money

By registering for Big Fun Walk 2024 each person has agreed to fundraise a minimum of £30 for North London Hospice so that we can continue our vital care in the community.

We encourage our participants to create an online fundraising page (either Enthuse or JustGiving) to collect their sponsorship money as this is the most cost-effective way for us to receive your generous donations. It's also the most efficient way of collecting Gift Aid to ensure you are maximising your fundraising efforts! We still accept cash donations as some of our fundraisers prefer to collect cash and cheques from their sponsors. To ensure cash donations are received securely, we advise that **they are hand delivered** to our Head Office at Woodside Avenue **in a sealed** envelope along with your sponsorship form and contact details.

Cheques can be sent through the post with your sponsor form (including your contact details) to: North London Hospice, Big Fun Walk, 47 Woodside Avenue, N12 8TT.

Payments by credit or debit card can be made by phone on 020 8446 2288 or online at www.northlondonhospice.co.uk. If you make a payment online via our North London Hospice website, please indicate that it is for your Big Fun Walk sponsorship.

If you haven't already, rally your friends, family and colleagues to join your Big Fun Walk squad! The more the merrier – we love seeing big groups of you!

TOP TIP

Share your story on your fundraising page to help your supporters understand why it is important for you to fundraise for the hospice. Research shows this could help you raise up to 65% more!

“Participating in Big Fun Walk to support the North London Hospice was a profoundly rewarding experience. It allowed us to combine our desire to give back, our personal connections to the cause, and the inspiring stories of those who had benefited from the hospice's care. Crossing that finish line was not just an achievement, but a reminder of the importance of compassion and support during life's most challenging moments.”

Mixed Bag of Nutty Ramblers,
Big Fun Walk 2023 participants

northlondonhospice.org



How to set up an online fundraising page


As part of the registration this year you'll set up an Enthuse giving page. If JustGiving is your preferred online giving platform we recommend setting up this page as an alternative.



JustGiving™

To set up a JustGiving fundraising page simply follow this link and the steps below: www.justgiving.com/campaign/bigfunwalk2024

- Follow the link and you will be asked to either donate or click 'start fundraising' to create your page. You will be guided through this process by the JustGiving website.
- When you are logged-in or registered, you will be directed to the Big Fun Walk Just Giving event page and asked a few questions.
- For those of you who are completing the walk in memory of someone, there is a box you can tick and a small form to complete.
- You will then be given the option to personalise your unique JustGiving URL – this is what your potential sponsors will use to donate online.
- Select NO when asked "Are you planning to ask for donations to your JustGiving page in return for goods, services or other benefits?" and "Is your charity contributing to the cost of your fundraising?"
- Lastly, click "Create your Page" and you will be taken to your fundraising page which you can share far and wide with your friends, family and colleagues!

A woman with curly hair, wearing a white t-shirt and black leggings, is walking outdoors on a grassy path. She is looking down at a small black bag or device she is holding.

**OVER 290
FUNDRAISING PAGES**

**OVER 3,700
ONLINE DONATIONS**

**OVER 80%
OF ALL DONATIONS**

TOP TIP

We recommend you donate to yourself to get that first donation in! People who make a donation to their own page to get them started raise a whopping 84% more!

northlondonhospice.org

Important information for the event

Big Fun Walk will set off from Cherry Tree Wood (Nearest train station East Finchley Underground Northern line and 102, 143, 234, 603, H3 and N20 Bus routes). Waves will be departing promptly so please **arrive at least 15 minutes ahead** of your designated time slot. There will be a five minute warm up that will begin just before your wave departs – don't miss out!

Please note, as we are unable to cater for specialist dietary requirements, you are more than welcome to bring your own lunch if you need to. Refreshments and entertainment will be available to all participants at the finish line at Westminster between 12noon and 4pm. You will receive further information about the event and the entertainment ahead of the big day!



Can you help?

We appreciate the support of our wonderful volunteers who give up their valuable time to help make Big Fun Walk as successful and fun as it is. However, we always need more help and are looking for volunteers to help steward at this year's event! If you know someone who would like to get involved and help out at the biggest event in our calendar, please contact the **Fundraising Team** on **020 8446 2288** or email **bigfunwalk@northlondonhospice.co.uk**.

Thank you!

We would like to thank our corporate sponsors, past and present, for supporting this event and enabling it to grow from strength to strength. If you work for, or know of, a company that may want to get involved in any way with the Big Fun Walk, please do not hesitate to contact us on **020 8446 2288** or at **bigfunwalk@northlondonhospice.co.uk**.



About North London Hospice

North London Hospice cares for over 3,500 people with a life-limiting illness every year and provides support for their families, friends, and carers.

We welcome people from all faiths and communities within the boroughs of Barnet, Enfield, and Haringey and have been supporting our community since 1984. We are committed to empowering our patients through our vision which is to provide the best of life, at the end of life, for everyone.

North London Hospice is a registered charity, and our services are provided free of charge. It costs more than £15 million to fund our care.



With approximately a third of our funding coming from the NHS, we rely on the generosity of our community to fund our work through donations and fundraising.

Everybody who registers for Big Fun Walk pledges to raise £30 for the hospice, and many go above and beyond this. Below you can see how your money will make a difference to those receiving care and support from North London Hospice.

Your fundraising will have a lasting impact. Every pound you raise will make a difference to the people we care for.



£7.50 could fund the meals for a patient on our Inpatient Unit for one day.

£23 could fund an associate community nurse to deliver care to a patient in their own home.

£29 could fund an hour of counselling to support family members, friends and children through the emotional impact of grief.

£50 could pay for telephone counselling to help two recently bereaved children.

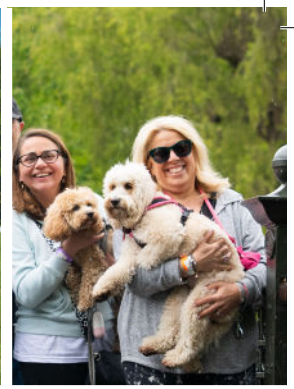
£84 could fund a doctor to support and review four patients in our Inpatient Unit.

£124 could fund four therapy sessions with an acupuncture therapist.

£150 could pay for nightwear for ten patients in our Inpatient Unit.

£214 could fund a healthcare assistant to stay with a patient in their home over night, ensuring the patient is comfortable and allowing the family to gain respite.

£1,011 could fund 24 hours of expert end of life care for a patient on our Inpatient Unit and support for their friends and family.



TOP TIP

Update your fundraising page with photos! Fundraisers with pictures or videos on their page raise up to 13% more per photo

Big
FUN WALK
2024

Thank you for supporting North London Hospice by taking part in the Big Fun Walk!

Don't forget to take lots of photos and share them with us on social media.

#bigfunwalk



Like and follow us:

Facebook: /NorthLondonHospice

X/Twitter: @NLondonHospice

Instagram: @northlondonhospice

YOUR DATA MATTERS

Participation in this event is at your own risk and North London Hospice will not and can not be held responsible for any loss, damage or injury incurred whilst participating. Photographs and/or video imagery may be taken at this event and used by North London Hospice for training, promotion and publicity purposes.



Registered with
**FUNDRAISING
REGULATOR**

Charity Reg. No. 285300. Reg. Address - 47 Woodside Avenue, London, N12 8TT. Company Reg No: 01654807