



All your questions answered!

Check out our extensive FAQs for everything you need to know about our **Hospice Celebration Walk**.

What does my entry fee include?

- Registration is £7.00 per individual and £30 per team (up to 5 individuals)
- You will receive entry into the event, your Hospice Celebration Walk message card and walking bib (5 per team).

Who can take part?

- Our Hospice Celebration Walk is open to anyone to take part. All participants must register via the online booking platform.
- All participants under the age of 18 must be accompanied by a participating adult. If taking part virtually, you are welcome to complete your walk with any aged member of your family.

I'm in a wheelchair, can I still take part in?

- Yes, of course! The route takes place on paths, which are in places narrow and uphill so you may require assistance. A carer is welcome to join you to provide assistance but will need to register.

How will I be contacted about the event?

- Once you've signed up, you'll be sent an initial confirmation email.
- Following your registration you'll receive your welcome pack by email with the links and information you need about the event.
- On the day of the event you will be able to collect your Hospice Celebration Walk message card and walking bib which are provided FREE of charge as part of your registration.
- If you have purchased a Hospice T-shirt this will also be available for you to collect.
- There will only be a limited number of Hospice T-shirts available to purchase on the day, so we highly recommend purchasing in advance to avoid disappointment.

Can I get a refund or transfer my place to someone else?

- Please contact the Hospice on 01495 717277 to discuss, we will do our best.
- Should the event date be changed; your registration will be automatically transferred to the new date.

What time do I need to arrive to take part?

- You need to arrive between 12.00pm and 1.30pm at the latest to give you enough time to sign in, receive your event items and complete your message on your Hospice Celebration Walk message card and walking bib.
- There will be music and activities prior to the walk and you are welcome to join us for some light refreshments before and after the walk.
- The celebration ceremony will begin at 2.00pm prompt and the walk will leave at 2.10pm.

How far do I have to walk?

- If attending the in person event at Hospice of the Valleys you'll be required to follow the route that will be marshalled.
- The route is approximately **5 miles**.
- If you're taking part virtually you can decide on your distance.

What if I arrive late for the walk?

- Unfortunately, if the back marshal has already left you will be unable to take part in the walk for health and safety reasons.
- Please ensure you arrive by 1.30pm at the very latest to sign in and collect your event items.

Are there facilities to leave belongings?

- There is a room available to leave items, but this is done so at your own risk. The Hospice cannot accept liability for any items you leave behind. It is strongly suggested to bring only what you need and are able to carry for the walk.
- You can of course leave items in your vehicle at your own risk.

Can I register on the day?

- There will be a limited number of spaces available on the day, together with the opportunity to purchase a Hospice T-shirt.
- We strongly recommend you register in advance to avoid disappointment.

How long will the walk take?

- We anticipate the event being finished by 5.00pm

Are there toilet facilities available?

- There are toilet facilities available at the Hospice for your use.
- We will do our best to request the toilets at the Garden Festival Lakes to be open, but cannot guarantee this.
- There are toilets at the Leisure Centre and Brewers Fayre on route.
- There will be options to return to the Hospice at points during the walk should facilities be needed.

Will the event go ahead if it is raining?

- The British weather is notoriously unpredictable, so we will be keeping an eye on the forecast. If the weather is deemed unsafe we will postpone the event and an alternative date will be arranged and you will be notified.

What do I need to wear?

- We recommend you dress according to the weather conditions and comfortable trainers. You are welcome to wear fancy dress (non offensive and does not pose a risk to self or others).

What else do I need to bring with me?

- Please only bring what you need for the event
- Remember any medical aids you require, light refreshment that you may need along the walk such as a bottle of water, snack bar.
- Mobile phone

Can dogs take part?

- You are welcome to bring your dog to join you. They will need to remain on a lead and we ask that owners are responsible and pick up after their dog.

Do I have to raise sponsorship for Hospice Celebration Walk?

- Participants can raise sponsorship in celebrating their loved ones by setting up [an online giving page](#) or collecting money on a sponsor form. Click [HERE](#) for the link to the Hospice Celebration Walk Just Giving page.
- We understand that currently this may be difficult, so this year there is also the option to donate in celebration of your loved one by making a donation on line through our Website <https://www.hospiceofthevalleys.org.uk/donate-online> – Please include Hospice Celebration Walk as a reference. The money raised from Hospice Celebration walk will help support our patients and their loved ones in their greatest of need and during the toughest of times.

How do I send in my sponsorship?

- All sponsorship must be received at the Hospice by Friday 30th June 2023
- You can donate your sponsorship in the following ways:
 - Bring it with you on the day:** hand in your sponsor forms, cash/cheque by placing it in a sealed envelope that has your name and walker number (once received on the day) written on the front and hand it at registration
 - Website:** Ensure to include your name and Hospice Celebration Walk in the reference box
 - Post:** Send your sponsor forms along with a cheque to Hospice of the Valleys, Festival Drive, Ebbw Vale, Gwent. NP23 8XF
 - Visit the **Office:** Address as above. We are opening Monday to Friday 9am-5pm.
 - Banks Transfer: Lloyds Bank Sort Code: 30-94-14 Account Number: 00927784
 - Ensure to include your name and Hospice Celebration Walk in the reference box
 - Phone:** Contact the Office on 01495 717277 and we will be happy to take a card payment over the phone.
- We will require your sponsorship forms sent to the office to be able to claim that all important *Gift Aid* where applicable.

How do you get my sponsor money from Just Giving or any on-line fundraising platform?

- Any money you raise on an online giving platform is automatically transferred to the Hospice – this is probably the easiest way for fundraising.

My question has not been answered, how do I find out more?

- Not a problem. Please email the fundraising team and we will be happy to support you with your query or need – fundraising@hospiceofthevalleys.com