

MAKE YOUR OWN MIDNIGHT WALK

FUNDRAISING HINTS AND TIPS

HOW DO I DECIDE ON A ROUTE?

Chose any date and time between 24th July and 31st August that works best with you and your walking buddies. Use our hints below to help you decipher the best route for your team!

1. A circular route that starts and finishes at the same place works best. This can be from your doorstep, around a park in your local area, or circular from and back to your transport if walking a little further from home.
2. If you do not already have a route in mind, you can search online to find a walking route near you: try walkingbritain.co.uk or nationaltrail.co.uk
3. Select a distance that is challenging for yourself, in either km or miles – anything goes:
 - 1 mile/km in your back garden!
 - 3 miles/kms in your local community/park
 - 5 miles/kms on a coastal path
 - 10 miles/kms on Dartmoor
4. You could chose to walk as far as you can in an hour, or walk a mile a day for a week etc.
5. Consider disabled access, pram access and whether dogs are permitted to ensure your whole household can take part.

The options are endless and we are always on hand to help you with ideas and suggestions if you need some further inspiration – email us at events@stlukes-hospice.org.uk or join our Make your own Midnight Walk Facebook event to interact with us.

WALKING APP SUGGESTIONS

If you've got an iPhone or an Android-based smartphone, downloading an app could help you plan and get the most out of creating your own 'Midnight Walk'. The three apps we've selected offer varying experiences and features that can enhance your challenge, including ways to virtually involve your friends and find new routes to encourage exploration as a family.

Find our three favourite (and free!) walking apps below.

1. Strava - Strava can be used to track endless activities, from cycling through to running, and of course, walking. With the help of GPS it can measure distance, time, elevation gain, calories and route. The app also acts as a social network, allowing you to connect with friends and family to share details and photos of your activities, once completed.
2. MapMyWalk GPS - MapMyWalk allows you to see the time spent walking, distance, pace, speed, elevation, and calories burned. When you finish, MapMyWalk allows you to upload and save your workout data. If you can persuade friends to get involved, MapMyWalk's social feature lets you share routes and encouraging words.
3. Fitbit App Mobile Tracker (No Fitbit required) - You don't need to own a Fitbit to use the Fitbit app. The Fitbit app can be used to track your walking workouts with GPS as well as your daily steps using the motion sensor on your phone. Following each workout, you can review your route, distance, time, pace, mile split times, calories burned, and steps. You can also challenge your friends with virtual endurance races, if you feel like a bit of friendly competition.

HOW DO I SET UP A JUSTGIVING PAGE?

1. Head to justgiving.com
2. Click 'Start Fundraising' (with a big smile and a sense of being proud of oneself!)
3. Click 'A Charity' (you will find St Luke's Hospice Plymouth a little later on)
4. Sign-Up or Log-in if you are already registered!
5. Search 'St Luke's Hospice Plymouth', scroll to charities and select our logo!
6. Chose 'Taking part in an event'
7. Fill out the final details -
 - a. Your Event Type: for most of you this will be a personal walk' but feel free to customise to your chosen challenges.
 - b. Event name: Make your own Midnight Walk
 - c. If you have decided your event date you can indicate this here too (optional!)
8. Finalise the settings and consent.
9. Click 'Create your page'

And it's done! We recommend you personalise your page cover photo and story (talk about why you're raising funds for St Luke's Hospice Plymouth during these times and why you're taking part!) – you can also set a target for how much you would like to raise! Post updates to your page so your supporters can track your progress and have FUN!

HOW CAN I PAY IN MY FUNDRAISING?

Once you have completed your walk and gathered in all of your sponsorship, you can pay in your donations using any of the methods below:

JustGiving - If you've set-up an online fundraising page you don't need to do anything – funds will automatically be transferred to St Luke's. You can also pay in any offline donations onto your JustGiving Page.

Returned with cheque via our freepost address – please do not send cash in the post. Please post to Freepost RTKE-ESRG-CABY, St Luke's Hospice Plymouth, Stamford Road, Turnchapel, Plymouth, PL9 9XA

Cash or Card - You can visit our St Luke's Hospice Charity Shop at 'Toys r Us' to pay in your sponsorship using cash or card at the tills. Bring your sponsorship form with you and hand this in too! Please visit St Luke's Hospice Plymouth, 1 Western Approach, Plymouth, PL1 1TQ

Or pay using card via our website at stlukesmidnightwalk.co.uk

HOW DOES MY FUNDRAISING MAKE A DIFFERENCE?

£20

£20 in sponsorship covers the cost of a uniform for one of our St Luke's Clinical Heroes, in Turnchapel, in the community or at Derriford Hospital

£50

£50 in sponsorship will provide a weekend of medication for an end of life patient within the specialist unit at Turnchapel

£115

£115 in sponsorship will cover the cost of our team attending to a patient at Derriford Hospital

WHERE CAN I GAIN SUPPORT, SHARE IDEAS AND ASK QUESTIONS?

Put your poster up in your window or place of work, shout about it to friends and family, and share your online giving page everywhere! Perhaps wear fancy dress, take lots of selfies and videos whilst walking and wear your stickers with pride.

To keep up to date with everything that's going on, to share your ideas, and to get in touch, visit our Facebook Event Page www.facebook.com/events/1703395249792605

EVENT SAFETY

This event is truly meant to put the FUN into fundraising and we're super excited to have you involved. Your safety is always our main priority, so please remember to social distance, stay alert, wash your hands and follow government guidance.

For up-to-date information and guidance please always refer to www.gov.uk/coronavirus

FOR
THOSE
WE'VE
LOST