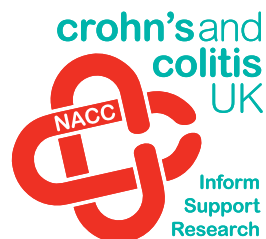


Raise awareness and funds on a fun day out with family, friends and even the dog!



# Walks 2012



**York Walk**  
Sunday 13 May

**London Walk**  
Saturday 26 May

**Bluebell  
Walk & Cycle  
Ride, Rutland**  
Sunday 6 May

Register online at: [www.crohnsandcolitis.org.uk/walks](http://www.crohnsandcolitis.org.uk/walks)  
Walks Information Hotline: 0845 434 8510  
For Scottish Walks visit: [www.challengescotland.com](http://www.challengescotland.com)

# Walkers needed and volunteer helpers too...

## York Walk

Sunday 13 May registration from 10.30am for 12pm staggered start

*Two routes- Short route: 3 miles (5km),  
Challenge route: 5 miles (8km) Starting and ending at Museum Gardens. Toilet facilities available.*

To warm you up for the main event, a fun-filled morning of family activities is planned so turn up early for music, children's entertainment, face painting and sports activities to tie in with our theme of IBD, Sport and Fitness.

The Walk follows a scenic route around York's historic city centre, including the Millennium Bridge and York Minster - the longer Challenge route is particularly picturesque.

After all that walking, you're invited to rest your tired legs and enjoy a family picnic. You bring the food, we'll provide the entertainment!



### FUN FACTS:

1. The city was founded by the Romans in AD71 so is almost 2,000 years old.
2. When the first train left York in 1839 rail travel was still in its infancy.
3. York Minster was hit by lightning in 1984. The resulting fire lasted 3 hours but repair and restoration took 4 years!

### MORE THINGS TO DO:

1. Jorvik Viking Centre - experience life in Viking-Age York. (Entry fees apply)  
[www.jorvik-viking-centre.co.uk](http://www.jorvik-viking-centre.co.uk)
2. The Yorkshire Museum (within Museum Gardens) - home to a fantastic collection of Roman artefacts. (Entry fees usually apply, but tickets are **FREE** for our walkers!)
3. National Railway Museum - the largest of its kind in the world. (Free entry.)  
[www.nrm.org.uk](http://www.nrm.org.uk)

# London Walk

Saturday 26 May registration from 10.30am  
for 12pm staggered start

*Two routes - Family Thameside route: 3 miles (5km), Challenge Thameside & City route: 6 miles (9km) Starting and ending at Victoria Embankment Gardens, where there are toilet facilities.*

Family Thameside route - Ideal for those who have small children or simply fancy a shorter stroll. The circular route takes in some of the finest sights of central London, including a stretch of the South Bank filled with landmarks – the London Eye, Tate Modern, and the Millennium Bridge.

Challenge Thameside and City route - This longer walk takes in even more landmarks and historic sites including Shakespeare's Globe and the Golden Hinde.

Don't forget to come back to Embankment Gardens to collect your medal, and rest your legs! You bring the food for a picnic and we'll provide the deck chairs.



## FUN FACTS:

1. The Golden Hinde is a replica of Sir Francis Drake's ship. He was the first Englishman to circumnavigate the world in the 16th Century.
2. Shakespeare's Globe is the only building in London to have permission for a thatched roof. Look out for the creepy crawly gates!
3. Big Ben was completed in 1859, and the first strikes were heard from the Great Bell on 11 July of the same year.

## MORE THINGS TO DO:

1. London Aquarium - home to Europe's largest collection of global marine life. (Entry fees apply) [www.visitsealife.com/london/](http://www.visitsealife.com/london/)
2. Take a relaxing riverboat cruise along the Thames after the walk.
3. Tate Modern - it's free! [www.tate.org.uk/modern/](http://www.tate.org.uk/modern/)

**Walks information hotline:** 0845 434 8510 Register to walk, volunteer or donate online at: [www.crohnsandcolitis.org.uk/walks](http://www.crohnsandcolitis.org.uk/walks) or complete the registration form on page 7 and return it to: Marketing & Fundraising Team, Crohn's and Colitis UK, 4 Beaumont House, Sutton Road, St Albans, AL1 5HH

# Bluebell Walk & Cycle Ride, Rutland Water

Sunday 6 May registration from 10am - 12pm  
*2 or 5 mile walk (3km or 8km), 17 or 25 mile cycle ride (27km or 40km). Registration and Starting Point at Whitwell Car Park where there are toilet facilities.*

Walk or cycle through beautiful, bluebell-carpeted Barnsdale Woods. The cycle ride continues round the lake (both rides) and the peninsula (25 mile ride only). Aside from a very short section, the ride follows traffic-free cycle paths. Maps will be provided on the day.

Bring your teddy bear in disguise and you'll receive a surprise. There'll be face painting too.



## The difference you've helped to make already

2012 will be the 12th year our Walks have been running for members, families and friends. **Just a few** of the achievements you have helped to fund include:

**Information and Support:** We became one of the first organisations to receive Department of Health accreditation for our health information. We introduced new helplines – Parent to Parent and our Disability Benefits Service.

**Research:** We funded more than £6million of research into the medical, social and psychological aspects of the conditions, deepening understanding and improving treatments in our search for a cure.

**Health Services:** We worked with health professionals to produce national guidelines: *Services Standards for the care of patients with IBD* and began our support for Patient Panels in hospitals to give patients a voice in local services.

**Groups and volunteer support:** We developed our Volunteer Conference into a two-day event to offer more training and opportunities to share experiences.

**Thank You!**



## IBD: Sport and Fitness

We're encouraging all our members and supporters to visit: [www.ibdsportandfitness.co.uk](http://www.ibdsportandfitness.co.uk)

to think about how they can take up a new Sport or Fitness challenge during 2012. Joining in a National Walk is just one way of doing it. You can then share your experiences through the website above or by completing the follow-up survey, which will be live until the end of the year.



Russell Martin, Premier League footballer with Norwich City Football Club and Scottish International player - new Crohn's and Colitis UK champion for 2012.

## The difference you'll help to make in 2012 and beyond

As well as maintaining our current activities, with your help there is so much more we need to do. **Just a few** of the activities we need to undertake include:

**Information and Support:** Reach out to more people in need as many still struggle alone, and develop facilities such as web forums.

**Research:** Continue to fund research projects which will take us ever closer to prevention or cure, and develop treatments and strategies to improve lives in the meantime.

**Health Services:** Fight your corner with regard to health service cuts and reforms, and work with health professionals to protect and improve healthcare.

**Awareness raising:** Seek more opportunities for bringing IBD to the attention of politicians, organisations and the public to promote understanding of the illness, its impact on people's lives and how they can be supported.

**Groups and volunteer support:** Develop ways of meeting the needs of people who are unable to travel to traditional meetings.

# Boost your fundraising

## Entry Donations

We're asking everyone who registers to make an entry donation towards the costs of the Walks if at all possible. We suggest **£5 per individual and £10 per family** - but don't worry if you can't donate - it's more important that you're there!

## Sponsorship

Walkers and riders are also encouraged to raise sponsorship from family, friends and colleagues. A sponsor form and fundraising pack will be included once you've registered.

The fundraising pack includes tips, ideas and information for you to give to organisations you approach for support. It also includes a support materials order form for balloons, flags, leaflets, posters, collecting boxes...



If you can't make any of our walks...

...Why not organise your own walk?

...Or perhaps you could make a non-walker donation? ✨  
(see back page)

## Calling businesses and organisations

We're also looking for businesses or organisations to help sponsor aspects of the walks such as:

A good luck message on our Walks route map: £20 – £100

A registration tent or information table: £250 table £500 tent

Headline support: Rutland: £2,000 York: £4,000 London: £6,000

To discuss opportunities please call 01727 734485 or email [fundraising@crohnsandcolitis.org.uk](mailto:fundraising@crohnsandcolitis.org.uk). We're happy to hear your own ideas too!

# Registration form Please print in block capitals

- Total number of adult walkers/cyclists in your group
- Total number of child\* walkers/cyclists in your group  
\*NB. Under 16s will be required to wear a wristband bearing an emergency contact phone number.

## York Walk - Sunday 13 May

- Shorter route 3 miles (5km)
- Longer route 5 miles (8km)
- I would like to volunteer: please send me a form

## London Walk - Saturday 26 May

- Shorter route 3 miles (5km)
- Longer route 6 miles (9km)
- I would like to volunteer: please send me a form

## Bluebell Walk & Cycle Ride, Rutland - Sunday 6 May

- Shorter Walk 2 miles (3km)
- Longer Walk 5 miles (8km)
- Cycle Ride 17/25 miles (27km/40km)
- I would like to volunteer: please send me a form

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

- Tick to join our new monthly fundraising e-newsletter with stories, events and ideas.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency contact name\*: \_\_\_\_\_ Telephone: \_\_\_\_\_

\*The person we will contact if there is an emergency on the day. Please let them know they have been nominated.

Did you see our Walks advertised elsewhere? If so, where? \_\_\_\_\_

Is this your first Crohn's and Colitis UK Walk? \_\_\_\_\_

**Please return your completed form to:** Marketing & Fundraising Team, Crohn's and Colitis UK, 4 Beaumont House, Sutton Road, St Albans, Herts AL1 5HH

Data protection: The data collected on this entry form will be used for the purpose of processing your entry and will be added to the Crohn's and Colitis UK database. We do NOT share information with other organisations, save as necessary for them to perform services to us.

# Wear our colours to help raise awareness

Order your t-shirt, baseball cap and kit bag today. **Merchandise will be sent to the address you have provided overleaf by the end of April.**

## Adult t-shirt (Suggested donation £6 each)

- Small  Medium  Large  
 X Large  XX Large  XXX Large

## Child t-shirt (Suggested donation £6 each)

- 3-4 years  5-6 years  7-8 years  
 9-11 years  12-13 years

## Adult baseball cap (Suggested donation £5 each - one size)

- Red/Aqua trim  Black/Aqua trim

## Child baseball cap (Suggested donation £5 each - one size)

- Red/Aqua trim  Black/Aqua trim

## Kit bag (Suggested donation £4 each)

## Towelling wristband (Suggested donation £2 each)



Total entry donation: £ \_\_\_\_\_

\* Total non-walker donation: £ \_\_\_\_\_

Total merchandise donation: £ \_\_\_\_\_

Grand total: £ \_\_\_\_\_

*giftaid it*

I enclose a cheque for: £ \_\_\_\_\_ (cheques made payable to Crohn's and Colitis UK)

Please debit my Visa/Mastercard/Maestro/Delta/Solo card

Card number: \_\_\_\_\_

Expiry date: \_\_\_\_\_ Issue no. (Switch/Maestro): \_\_\_\_\_

Signature of card holder: \_\_\_\_\_

Print name (as it appears on card): \_\_\_\_\_

**GIFT AID: Tick to authorise us to collect Gift Aid on your donation.**

At no cost to you, as a UK taxpayer, we can reclaim 25p for every £1 you donate to us. You must pay an amount of Income Tax and/or Capital Gains Tax for this tax year at least equal to the tax that we will claim back from HMRC. Gift aid can only be claimed on donations from individuals, so we suggest couples and families split their donations.

Crohn's and Colitis UK is the working name of National Association for Colitis and Crohn's Disease, a charity registered in England and Wales No. 1117148 and in Scotland No. SC038632.

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