



# S PONSORED WALK

**You're holding a sponsored walk! This is a great event for bringing people together, keeping fit and raising funds to transform the lives of people overseas.**

You can also follow this advice if you're organising a sponsored bike ride or a fun run.

## **Choose a location and date**

- There are lots of great routes for walking in England and Wales. Try the Ramblers Association online route finder for inspiration!
- Stick to public footpaths to avoid having to get permission from private landowners.
- If you'd like to plan a walk around town, why not organise a walk between different churches?
- Consider different distances for your walk so some people can walk a shorter route. Also decide if your route needs to be buggy or wheelchair accessible for your walkers.
- Choose a weekend for your walk so that as many people can join in as possible!

## **Ask for help**

- Recruit a team of helpers to help promote your walk.
- On the day, you'll need volunteers to register walkers, lead the walk and someone to bring up the rear of the group.
- Ask for helpers so that you can provide drinks and snacks to your walkers - either on the route or afterwards!

## **Set a target**

- Make sure everyone signed up has a sponsorship form so that they can do their own fundraising!
- Set up a JustGiving page for your walk so participants can collect online sponsorship.
- You could ask for an entry fee for the walk, especially if you are providing refreshments. Make sure the fee includes a small donation to CAFOD!



In Uganda, collecting clean water can take six hours a day. This job is often done by girls like Gutu, who have to drop out of school. But because CAFOD was able to repair her village borehole, Gutu is still in school and hopes to become a nurse.

To find out more about our work in Uganda, visit [cafod.org.uk/Uganda](http://cafod.org.uk/Uganda)

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## Promote your sponsored walk

- Take a look at our online fundraising guide for tips on promoting your walk. You can put up CAFOD posters, put a notice in your parish newsletter, and encourage people to bring along friends and family.

## Make your event safe

- Once you have your route planned, check with your local authority Safety Advisory Group to check if you need any permissions to walk through local parks etc. Let the police know about your walk as well so that they can advise you about any other events planned that day along your route.
- You'll need to complete a risk assessment for your walk. Check our fundraising pages online for templates and if you need extra advice or help, contact your local volunteer centre at [cafod.org.uk/UK](http://cafod.org.uk/UK).
- Take a register of all your walkers before you set off. Asking participants to sign up online through a free service like EventBrite can be helpful, as you can then print off a tick list of walkers in advance. Take your register again at the half way point of your walk and at the very end to make sure nobody has got lost!
- If you have a lot of walkers, it can be helpful to give out numbers that they can attach to themselves with safety pins, or for everyone to try and wear the same colour clothing! You could also give a brightly coloured umbrella to your walk leader to make them easier to spot.
- Make sure you have a leader for the walk, someone bringing up the rear to make sure nobody gets left behind, and a first aider. If your walking route crosses roads, recruit some marshals to help out at these points.
- Ask your walkers to bring water and suncream with them and to wear waterproof layers and sensible shoes.
- If you are serving drinks or snacks as part of your walk, make sure that you have checked [food.gov.uk](http://food.gov.uk) so that these are served safely.

## Send in your money

- Pay in your funds online at [cafod.org.uk/give](http://cafod.org.uk/give), by phone on **0303 303 3030** or by post to the address below. Remember to include your sponsorship forms so we can claim gift aid!
- Please include a brief note about how you raised your funds and ask for any extra thank you letters or posters as well.
- If you haven't already tweeted a photo of your sponsored walk to [@CAFOD](https://twitter.com/CAFOD), email one to [events@cafod.org.uk](mailto:events@cafod.org.uk) so we can see what you've been up to!

## Walk for water!

**Support education:** When children, especially girls, do not have to collect water, they are free to go to school. With clean water to drink and wash with, children get ill less often, so they can concentrate better in class.

**Improve health:** With clean water to drink and wash with, people stay healthy, and can work or learn better, improving their lives.

**Provide food:** With water, people can water their crops, meaning fewer people go hungry. People can also sell extra crops to pay for other things they need.