

## Frequently Asked Questions

### Terrain

The route is generally on flat terrain with gravel or tarmac paths. There is a slight decline at the beginning of the route and a slight incline at the end of the route.

### What are my parking options at the event?

Free parking is available at the venue however spaces are limited so please do car share where possible.

### Route Information

1.5-mile route around the picturesque National Trust Croome parkland

### What age do I need to be to participate?

People of all ages are able to participate in this event

All 16 year olds and under will need to be accompanied by an adult

### Are the routes pushchair friendly?

**Yes** – The route is pushchair friendly, but please note the route does have some small hills

### Are the routes wheelchair friendly?

**Yes** - The route is wheelchair friendly, but please note the route does have some small hills

### Are dogs allowed?

**Yes** - but they will need to be kept on a lead at all times and they must be well-behaved. Dog owners must be responsible and clean up after their dog

### Will there be marshals along the route?

**Yes** – there will be marshals positioned in certain places along the route in high visibility jackets

### Can I register on the day?

**No** - Please register online beforehand

### Will snacks and refreshments be available on the day?

**Yes** – each ticket includes either 1 x tea, coffee or a soft drink and there will also be snacks such as cakes and crisps available to purchase on the evening at the on-site café.

### **Additional activities on the evening**

We encourage participants to bring along a photograph of a loved one, there will be an opportunity along the route to leave these photographs on a board along with a message.

There will also be an opportunity to visit the on-site church, have some quiet time and light a candle for a loved one.

### **Some Health & Safety Tips**

#### **Clothes**

- Wear suitable and comfortable walking clothing
- Wrap up warm! It's likely to be quite cold so make sure you have plenty of layers including hats, gloves and scarfs
- Wear trainers, wellies or walking shoes
- Bring a waterproof (breathable recommended) – after all it is England

**Although lanterns are provided for the walk lighting is limited so we would ask everyone to bring a torch or a head torch along with them.**

### **What do I need to take with me on the day?**

- A bottle of water
- Money in case you want to purchase any snacks or additional drinks
- Warm clothing
- A torch/head torch

### **Do I need to 'check in' on the day?**

**Yes** – before starting the walk, you will need to 'check in' at the registration desk. You will then be issued with your lantern and LED candle

### **Is there first aid available?**

**Yes** - we will have fully trained first aiders on site.

### **Do I need to raise money for St Richard's Hospice?**

The money from the event registration covers the cost of hosting the event, but it is the money raised through sponsorship that makes a difference to our patients and families. We ask you to please pledge to raise as much as possible or more to help fund our free care.

Hospice care is free – make your donation count:

£11.02 could pay for a Hospice at Home Healthcare Assistant for an hour

£66.56 could pay for a Healthcare Assistant in IPU for a day

£82.67 could pay for a Hospice at Home Healthcare Assistant for a day

£110.41 could pay for a patient to receive specialist care for one day

£180.97 could pay for a Nurse Specialist for the day

£445.82 could pay for a patient to receive specialist care in our In-patient Unit for one day

£978.30 could pay for a patient to attend Day Hospice for five days

The fundraising team will send you tips on how to raise as much sponsorship as you can before the event.



**Can I take part and raise money for another charity?**

**No** – this is an event organised and paid for by St Richard's Hospice

**Can I participate if I am pregnant or have any health issues?**

If you are pregnant or have any health issues, we recommend you consult your doctor before attempting a sponsored walk, like the Lantern Walk or if you are unsure of any health issues.

Although we try and make the event as safe as possible there is always the possibility of unforeseeable incidents such as twisted ankles etc.

**What's the refund policy?**

This event is non-refundable, non-transferable. However, St Richard's reserve the right to give a refund in exceptional circumstances at their discretion.

**Will I hear from St Richard's before the walk?**

**Yes** – we will email you some final reminders prior to the walk