

# The Mind 'Get Moving' Sponsored Walk 2010 Registration

Please complete all the necessary information on this form and **return to Beverley Figaji by no later than Friday 17th September 2010 with your registration fee.**

Registration fee : £2.50 (unwaged) £5.00 (waged). The registration fee is non-refundable. Under 16 years **MUST** be accompanied by an adult.

Registration includes : welcome refreshments, goody bag, t-shirt, ice-cream, hot chilli/Lancashire hot pot and entrance for outdoor activities, music

	FULL NAME	AGE	T-SHIRT SIZE S M L XL
1			
2			
3			
4			
5			

Complete names and ages of yourself or any family members accompanying you on the walk. Please note that under 18's must be accompanied by a parent or guardian.

Registrant's surname :	
Registrant's First Name :	
E-Mail (the most cost effective way to keep in touch)	
Home Tel. No.	Mobile No.
Emergency Contact Person :	
Emergency Contact Tel. No :	

# The Mind 'Get Moving' Sponsored Walk 2010 Registration

If you have any pre-existing medical conditions we ask that you discuss the suitability of your participation in this walk with your GP before taking part on **Wednesday 13<sup>th</sup> October 2010**. Please remember to bring any prescription medications with you and inform us of any medical conditions or allergies which may be relevant by sending the information with your completed registration form.

We cannot be held responsible for any injuries which take place during the sponsored walk. You are advised to consider taking out your own personal medical aid and possessions cover.

Dress for the weather and terrain you are likely to meet. Please bring an anorak/warm waterproof clothing, and an umbrella with you in case it rains. There are some rough surfaces, steps and tree roots and the ground may be muddy or slippery in places as the route will be along Eaves Lane-Bagganley Lane and along the canal to Fredericks Ice-Cream. Return journey is via Cowling Brow- Eaves Lane. Suitable footwear with good grip is advised.

Photographs for media coverage will be taken on the day – please indicate on the form if you do not want to be photographed.

I have read through the 'Get Moving' Sponsored walk information and wish to participate in this walk on **Wednesday 13<sup>th</sup> October 2010** and understand that I/we am/are responsible for ensuring that I/we am/are fit for the event and will be wearing the appropriate footwear and clothing.

I will forward all the proceeds of the sponsored walk raised as sponsorship money to the Chorley, South Ribble & Blackburn Mind Ltd Association Office, Devonshire Road, Chorley and recognise that Chorley, South Ribble & Blackburn Mind Ltd accept no responsibility for the handling of monies until the receipt of collected sponsorship donations in the form of cheques payable to "Chorley, South Ribble & Blackburn Mind Ltd" or those via online fundraising pages.

- I will ensure that the Charity Registration Number 1081427 will be used in any fundraising material used to seek sponsorship.
- I enclose a cheque payable to "Chorley, South Ribble & Blackburn Mind Ltd" for my/our registration fee.
- I do/do not want to be photographed
- I do/do not want to be involved in Mental Health awareness with businesses along Eaves Lane

Signed : ..... Date : .....

PRINT NAME : .....

# Thank you for your Support!

## **'Time to Get Moving' Sponsored walk**

### **Wednesday 13th October 2010**

#### **A day of activity and fun!**

**o A 4 mile scenic canal walk with an ice cream break**

**o Lancashire Hot Pot or Chilli lunch**

**o An afternoon of games, activities, raffle and music**

#### **To Register:**

**Complete and return the registration form by 17/09/10**

**Look forward to seeing you there!**

o Chorley Well being and Recovery Centre have excellent facilities including meeting rooms, parking space, a tranquil garden, kitchen and a vending machine.

o Sponsorship – to encourage you to give freely for a good cause – at least £50 per registration would be great – 100 walkers would raise £5,000! **However** you are free to raise whatever you like!

o Free parking to those taking part in the walk. East Ward Conservative Club opposite the Centre has spaces – please do not park in Stump Lane outside resident's houses.

o Welcome refreshments at Centre from 9.00am. Departure for walk : 9.30am. Walk completed by midday with afternoon activities commencing at 1pm after lunch.

o The routes :

o Leisurely walk from Centre along Eaves Lane, to Bagganley Lane beside the Liverpool/Leeds canal, finishing at Fredericks Ice-Cream parlour. The return journey will be from Fredericks Ice-Cream parlour, beside the Canal— Cowling Brow, Eaves Lane to the Wellbeing and Recovery Centre.

o Along the route some participants will be interacting with businesses along Eaves Lane to provide awareness of mental health – please indicate whether you would like to be involved in this promotion.

o Those who have ONLY supported us with the walk are welcome to leave us at midday.

o Safety : there will be first aiders on the day. You are required on the registration form to state that you consider yourself fit to take part.

o Confirmation, sponsorship forms and further information will be sent to you when our organisation has received your completed registration form.

#### **Contact details**

Email: [beverleyfigaji@csrmind.org.uk](mailto:beverleyfigaji@csrmind.org.uk)

Tel: 01257 260714

Website: [www.csrmind.org.uk](http://www.csrmind.org.uk)