



Walk for Wards 2025

Sunday 21st September

Kindly Sponsored by:



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Walk for Wards 2025 Event Information

This pack includes all the important information you will need ahead of the event...

Event Location: Stokes Farm Barn, Binfield Rd, Wokingham RG40 5PR

Date and Key Times:

The event takes place on Sunday 21st September 2025 at 9:30am. Runners will head off first, closely followed by our walkers.

The What3Words location of this event is: ([What3Words:///icons.parks.bunch](https://www.what3words.com/What3Words:///icons.parks.bunch))

Please arrive from 8.30am to park, collect your participant number and **DON'T FORGET TO SIGN IN AND OUT.**

Arrival On The Day:

Registration on the day and our signing in and out system will be located in the clear marquee next to Stokes Farm Barn – please follow the signs for this.

You MUST sign in and collect your participant number to display on your t-shirt before you head out on the route. You must also sign out when you return. This is REALLY important for the paramount health and safety of you, our participants.

If you do not sign in or out, we will not know that you're out on our route and will not know to look out for you. You will only receive your **free refreshment voucher** once you have signed out.

Event Emergency Contact Number:

Please call **07341 884086** in case of an emergency, or if you require any assistance on the course. This number will also be displayed on your walker numbers worn on the front of your t-shirts. St John Ambulance will be providing medical assistance throughout the event and marshals will also be present (wearing hi-vis vests) to help you should you need it.

Route Info and Cut-off Time:

Please note, at the beginning and towards the end, **the route will involve both crossing and walking/running along a country road in single file to allow vehicles to pass by - this will be marshalled but please obey the Highway Code at all times.** Additionally, please make sure **children are supervised at ALL times. Please note, you MUST be able to complete the event in under 3.5 hours.** The route contains gravelled paths and trail grasslands. Due to the nature of the **multi-terrain trail surfaces** and unpredictability of the weather, we feel this route is NOT pushchair & wheelchair friendly. However, children being carried in a carrier may go free.

Children (under the age of 16) **MUST be accompanied by an adult aged 18 or over AT ALL TIMES.** Due to the route being 5 miles we suggest children no younger than aged 10 years old take part, unless they are able to sit in carriers.

Please follow our yellow event arrows out on the route (see image), and the directions our marshals (wearing hi-vis vests) point you in. If there is no arrow, please go straight on/forwards.

Make sure to look out and say hello to our brilliant route marshals from 151 Regiment, 562 Squadron Aldershot and also the fantastic Cliff and Vdub Vibes who will be out on the course to cheer you on!



Clothing:

Please ensure you are wearing appropriate clothing, which is also adaptable to varying weather conditions. Please also make sure you are wearing appropriate running/walking footwear, as the ground may be uneven, slippery, or muddy. You may also wish to wear long trousers, as you will be walking through grasslands. Sunscreen and a hat are also advised should it be sunny.

Car Parking:

You will have access to free car parking onsite, which will be clearly signposted and marshalled. The car park is a short 30-second walk away from the start/finish area at Stokes Farm Barn.

What 3 Words (W3W)

Please download the app 'what3words' prior to the event as a location tool, as this will enable us to get to you quicker by knowing your exact location if you require any medical assistance during the event.

Facilities and Toilets:

The start/finish will have a water refill station, toilets, refreshments, parking, stalls to browse upon your return and more. Please **bring a FULL water bottle** with you as there are no water stops out on the route, as well as any snacks and medication you may need. There are **NO toilets available whilst you are out on the route**, only at the beginning/end. Please note, **there will NOT be a bag drop at this event**, so please limit, where possible, the items you carry around with you.

Refreshments:

As part of your entry, you will be given a FREE refreshment voucher, **once you have signed out**, for a drink and delicious sweet treat kindly donated by Stokes Farm Barn on event day only.

Dogs:

We ask is that you **keep your dog(s) on a lead at ALL times**, as you will have to at some point both cross and run/walk along a country road. Please also bring water for your dog and collect any dog waste into a disposal bag, which you will need to provide.

It is essential that your dog is fit, friendly and healthy before commencing the walk.

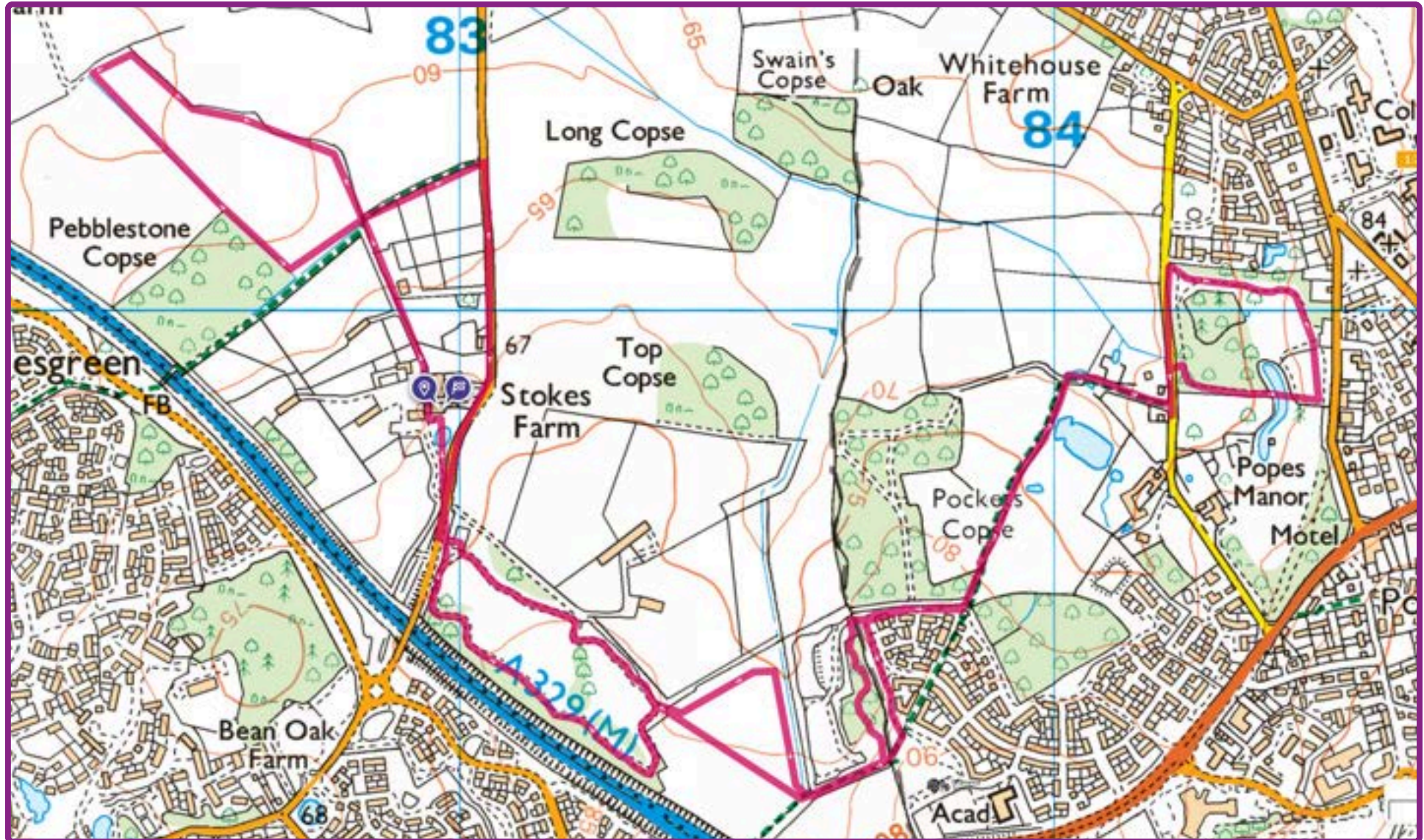
Sponsorship:

Your entry fee only covers the cost of staging the event. Therefore, where possible, we kindly ask you to use this opportunity to raise extra funds from family, friends, colleagues, and neighbours for your chosen hospital/ward within the Trust. We understand getting sponsorship can be difficult, but if you are able to then this makes a huge difference to our patients, their families, and our amazing staff!

Thank You!

On behalf of all our patients, their families and the dedicated staff and volunteers at the Frimley Health NHS Foundation Trust, thank you for taking part in Walk for Wards and choosing to support Frimley Health Charity! Also a huge thank you to our sponsors Radfield Home Care, Stoke Farm Barn and route marshals from 151 Regiment, 562 Squadron Aldershot!

Route Map





I'm walking for....



I'm walking in memory of...



I'm running for....



I'm running in memory of...

How To Create Your Perfect Fundraising Page



Step 1 Write Your Story

- Why you decided to fundraise?
- Why the charity means so much to you?
- What event or challenge you're taking part in?
- How easy it is for your supporters to donate?



Step 2 Fundraising Goal

- Setting a fundraising target can boost your donations by 17%
- It gives your supporters a goal to get behind
- Increase your target as you go



Step 3 Pictures & Videos

- Adding pics & vids can boost your donations by 23%
- It's the first thing your supporters will look at
- Use Canva & Pixlr to create a great cover photo



Step 4 Post Updates

- Those who post updates on their page, can boost their donations by 8%.
- Use your page as a diary, your supporters will love to see what you're up to.
- Every milestone matters.



Step 5 Thank You Msg

- Personalise a Thank You message to let your donors know they are appreciated
- Manners go a long way - they might even donate again!
- It adds a personal touch and leaves a positive lasting feeling

Top 10 Tips

For Your Fundraising Page



Step 1 Get Snappin'

Pictures or videos raise 13% more per photo.



Step 2 Tell Your Story

You could raise 65% more if you help your readers to understand why you're fundraising.



Step 3 Set A Target

Pages with a target raise 17% more. So why not aim high!



Step 4 Share on Socials

Share your page on Facebook, Instagram, Twitter/X, TikTok and WhatsApp to help you raise more.



Step 5 Utilise Other Methods

Don't forget the friends, colleagues, and family members who are not on social networks. Utilise emails, texts and phone calls here.



Step 6 Videos

Videos really help tell your story and why your cause is so important.



Step 10 Thank You

20% of donations come in after your event has ended, so make sure you follow up to thank your supporters.



Step 7 Link Fitness Apps

Raise 111% more and have supporters keep track of your progress if you link your Strava, Fitbit etc.



Step 8 Update Page

Update your page often to thank your supporters and update them on your progress.



Step 9 Self Donate

Those who donate to their own page to get them started raise a whopping 84% more!

Name: _____

Address (with postcode):

Email Address:[illegible]

[illegible]

* I confirm that I am a UK income or capital gains taxpayer. I have read this statement and want Frimley Health Charity to reclaim tax on my donation. I understand that I must pay an amount of income tax and/or capital gains tax in the tax year that is at least equal to the tax that Frimley Health Charity, and any other charities and CASCs I donate to, will reclaim on my donations for that tax year (council tax and VAT do not count). I understand the Frimley Health Charity will claim 25p in tax back for every £1 gift aided. Registered charity England and Wales 1049600.

Please pay all sponsorship money via your chosen payment method and return this form to The Fundraising Department, Frimley Park Hospital, Portsmouth Road, Frimley, Camberley, Surrey, GU16 7JU. We will only use the details that you have provided for the purposes of administering your donation and for claiming Gift Aid.

If you would like to know of other ways to improve patients lives, please contact our fundraising team on 0300 615 3206 or email thft.fundraising@nhs.net.



Get In Touch

If you have any questions or queries please get in touch:



fhft.events@nhs.net



0300 615 3206



frimleyhealthcharity.org

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**Frimley Health
Charity**



Registered Charity Number: 1049600