



# Farleigh Hospice's Walk for Life



**Sunday 12 May 2024**  
**Information Pack**  
[farleighhospice.org/walk](https://farleighhospice.org/walk)



It is because you care that we can

[www.farleighhospice.org](https://www.farleighhospice.org)



Registered Charity No. 284670

Registered with



# Thank you for joining Farleigh Hospice's Walk for Life 2024!

Please read this information to make sure you stay safe and have the most fun possible on the day.

## On the day

- You can collect your t-shirt from your selected signing in location.
- You will collect your walker number on the day and be asked how much sponsorship you have pledged to raise/will raise.
- Don't forget to bring money with you, should you wish to buy refreshments.
- Be prepared for all weather conditions and please wear suitable footwear.
- If you are planning to bring your dog, please ensure that he/she is well behaved and is kept on a lead at all times. Please ensure that you clean up after your dog.
- By entering this event you are declaring yourself to be medically fit to walk and accept that you could be included in photographs and/or recordings that could be taken and used to publicise future Farleigh Hospice events.

## Transport and signing in

- If you have booked and paid for coach transportation, you need to sign in on the day at the Teledyne e2v car park (CM1 2QU) and the coach will take you to the start of your chosen walk at Heybridge Basin or Paper Mill Lock. Your coach time is detailed on the email sent the week before the event. If you have not received your sign in time or coach time, please contact 01245 457411 or email [events@farleighhospice.org](mailto:events@farleighhospice.org). **There is no transportation provided at the end of the walk.**
- There are very limited car parking facilities at all three sign in locations. If at all possible, please arrange to car share or make alternative travel arrangements. **There is limited parking at Paper Mill Lock and it gets very busy.** If you are being dropped off, please can you pull into Spring Close or Jarvis Fields (both roads are off North Hill on the left-hand side) and walk down to Paper Mill Lock. **There will be no drop-off area available at the Paper Mill Lock Tea Room car park as this is being used for the coaches to reverse into. Daisy Meadow car park now charges for parking.**
- If arriving at Chelmsford Teledyne e2v on foot, participants are advised to use one of the pedestrian footpaths to access the Teledyne e2v car park; via Cromar Way. Pedestrian access is strictly prohibited via the vehicle access road.
- All participants must sign in on the day.

## Walk start times

- 24 kms from Daisy Meadow Carpark (CM9 4RW) – Between 8.30am and 10.30am only
- 12 kms from Paper Mill Lock (CM3 4BS) – Between 9.30am and 11.30am only



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## During the walk

- Please keep hydrated by drinking plenty of water. **We will not be providing any water bottles due to cutting down our use of plastic. Therefore please ensure you bring your own bottles, which can be re-filled at each checkpoint.**
- Toilets will be available at Heybridge Basin, Paper Mill Lock, Sandford Lock and Teledyne e2v car park.
- **Please dispose of your litter responsibly. Rubbish bags and recycling sacks for plastic will be available along the route.**
- Please keep to the designated foot/towpath along the sign-posted route and pay attention to the signage and the instructions given to you by marshals.

## Stay safe and have a good time

- If you have to leave the walk at any point, you **must** let us know by informing a Farleigh Hospice representative/marshal.
- Please make sure that your walker number is visible on the front of your clothing, so that you are visible to the marshals.
- The route is made up of some single track unmade footpaths, therefore the walk is unsuitable for pushchairs or wheelchairs.
- Some parts of the route are very narrow, please be considerate of people coming from the other direction and please be patient with other walkers, as overtaking is not possible at these places.
- We will have first aid cover for the event in case of any emergencies.

## At the end of the walk

- If departing on foot after the event, participants are advised to use one of the pedestrian footpaths to leave the Teledyne e2v car park via Central Park and Cromar Way or Meteor Way. Pedestrian access is strictly prohibited via the vehicle access/exit road.
- Participants being picked up are advised to ask their driver to access the Teledyne e2v car park with their vehicle.



## After the walk

### Sponsorship money

Money raised on your Justgiving [www.justgiving.com/fundraising-page/creation/?cid=11201&eid=8811796](https://www.justgiving.com/fundraising-page/creation/?cid=11201&eid=8811796) or other online fundraising page will be paid directly to Farleigh Hospice

You can also click on the **Donate** button on our website [farleighthospice.org](https://farleighthospice.org) to pay your sponsorship money to us. Please add **Walk for Life 2024** in the comment box.

Alternatively, you can call **01245 457351**.

Please make sure all sponsorship payments are accompanied by a note clearly stating **your name and Walk for Life 2024**, plus your sponsor form if used. Please send any cheques made payable to Farleigh Hospice to **FREEPOST RRLJ-BKTZ-ACEH, Farleigh Hospice, North Court Road, Chelmsford, CM1 7FH** by 9 August 2024. **Please do not post cash.**



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## Changes to the event & cancellation

- Farleigh Hospice reserves the right to alter the start time and any logistics of the event.
- In the case of adverse weather conditions, the Event Manager may decide to change start times, stop the event, or cancel/postpone the event. This is at the discretion of the Event Manager and participants would be notified by email should this happen. Please also check our website at **farleighhospice.org/walk** and our Facebook and Twitter pages to get regular updates.
- Farleigh Hospice reserves the right to postpone the event if needed. Please note in the case of the event being postponed to another date, no refunds are available.

If you have any questions you can telephone the Fundraising Team (01245 457411 during office hours) or email **events@farleighhospice.org**

### And don't forget...

You can fundraise right up to the event and afterwards. The sponsorship money you raise by taking part in this year's 'Walk for Life for Farleigh Hospice' will make a real difference to local families, when and where they need it most. The more money you raise, the more of a difference we can make!

### Please note:

Walking – especially on the highway – is a potentially dangerous activity. The organisers expect all participants taking part in this charity walk to carefully observe all of the relevant rules in both the Highway Code, and the Country Code, and to obey all reasonable safety instructions communicated verbally by Walk Officials or by any signs along the route or in other forms of written instruction. The organisers and those associated with this walk are under no liability whatsoever in respect of any personal loss or injury which may be sustained in the course of this event.

## Frequently Asked Questions

### Can I register on the day?

- Yes but it is only possible to register at Heybridge Basin Daisy Meadow Car Park between 8.30am and 10.30am for the 24km route, or at Paper Mill Lock Little Baddow between 9.30am and 11.30am for the 12km route.
- **You cannot register on the day at Teledyne e2v. You must make your own way to the start locations.**
- **If not pre-registered you must make your own way to the start locations.**

### Where can I park?

There is very limited parking available at the two start points, Paper Mill Lock (CM3 4BS) and Heybridge Basin (CM9 4RW). There is a charge for the car park at Heybridge Basin. **There is limited parking at Paper Mill Lock and it gets very busy.** If you are being dropped off, please can you pull into Spring Close or Jarvis Fields (both roads are off North Hill on the left-hand side) and walk down to Paper Mill Lock. **There will be no drop-off area available at the Paper Mill Lock Tea Room car park as this is being used for the coaches to reverse into.** Car parking spaces are available at Teledyne e2v car park (CM1 2QU) for those who have **booked and paid for** a coach transfer to the starts, but once full please use the car parks below:

- Meteor Way Car park on Waterhouse Lane CM1 2RL – free
- Coval Lane Car Park CM1 1TG - £3 all day



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## Will there be any food available?

At the end of the walk, at Teledyne e2v, refreshments will be available to buy.  
The public cafe at Paper Mill Lock will be open.

## Where can I find photos taken on the day?

We will put our best selection of photos on Facebook after the event. Please post your photos using **#FarleighWalkForLife**.

## How do you get my permission for photos?

By taking part in this event you give your permission on your registration form for Farleigh Hospice to use your photograph and any quotes or comment you make about the event for marketing purposes.

## Can my friend get on the same coach as me?

Where possible, we have made sure that you are with the people you register with.  
Coaches leave within 10/15 minutes of each other. **Please note there is a cost this year of £2 per person for a place on the coach.**

## How long does the walk take?

It depends how quickly you walk! We would say approx. 5-6 hours for the 24km and approximately 2.5-3.5 hours for the 12km.

## Can I bring my dog?

Yes, dogs are very welcome but please make sure they are on a lead at all times and you must clean up after them.

## Can I bring a buggy or wheelchair?

Unfortunately, the route is not suitable for buggies or wheelchair users.

## Can I change the route I'm doing?

You can make amends to your registration by ringing 01245 457411 and speaking to a member of the Fundraising Team before Monday 29 April 2024.

## Can I hand in my sponsorship money on the day?

Yes, you can hand your sponsorship money in to our information desk. However, you can still continue to raise sponsorship after the walk until 9 August 2024.

## Will bottled water be provided?

As we are making Walk for Life a greener event, we will not be providing any water bottles due to cutting down our use of plastic. Therefore, please ensure you bring your own bottles, which can be re-filled at each checkpoint.



# We look forward to seeing you on the day!



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