

Salisbury District Hospital Stars Appeal



Walk for Wards

Sunday 21st June 2009

10.15am at Wilton House

Limited places available - advanced registration only.

(Please aim to arrive at least 30 minutes before the walk starts)



Caring
4 kids
campaign

**A sponsored walk around the beautiful
Wilton Estate starting and finishing at Wilton House**

IMPORTANT

**All walkers MUST register in advance. Register online
at www.starsappeal.org or call 01722 429005 for an Entry Form.
Unfortunately we cannot register walkers on the day.**

How your sponsorship money will make a difference

The Stars Appeal raises funds for state-of-the-art equipment and new facilities at Salisbury District Hospital above and beyond those provided by the NHS. Our current major goal is the Caring 4 Kids campaign.

Caring
4 kids
campaign

The Caring 4 Kids campaign aims to raise £1 million to help fund a highly advanced new Children's Centre at Salisbury District Hospital. The centre will benefit thousands of children from across Wiltshire, Dorset and Hampshire. Over £600,000 has already been raised including £35,000 from last year's Walk for Wards.

Supporting other wards and departments

Many participants choose to walk to benefit a specific ward or department at the hospital which they have a personal reason to support. Perhaps they or a loved one has been cared for there. These donations make a real difference. For example, charitable donations have enabled the Nunton Unit to have greatly improved facilities in their waiting room, the Neonatal Intensive Care Unit has a highly advanced giraffe incubator and the Stroke Unit has specialist wheelchairs enabling greater independence for Stroke patients.

If you wish to support a particular ward or department, please indicate this on your sponsor form.

Sponsorship Incentives

★ **£75 and over:**
Medal + unique Stars Appeal pin badge.

★ **£150 and over:**
Medal + unique Stars Appeal pin badge + a special Stars Appeal bear + free day pass for Parkwood Health & Fitness Club, Salisbury.



★ **£250 and over:**
As for £150 and over + Stars Appeal t-shirt
(please indicate your size when returning your sponsorship money)

★ **Highest fundraiser**
Three months free membership to Parkwood Health & Fitness Club, Salisbury.

★ **Highest fundraising team**
Stars Appeal t-shirt + bottle of bubbly + Stars Appeal bear for all members.
(forms and funds must be sent in together)

To qualify for the awards sponsorship must be received by 1st September 2009

A few important things to remember..

- The 3k route is mainly over flat gravel tracks and grassland and is particularly suitable for pushchairs (although a small amount of lifting may be required, marshals will be on hand to assist) and young children. The 10k route is obviously more challenging with some rougher tracks and undulating terrain and, whilst passable with an off-road pushchair, is generally more suitable for older children. Please call us if you are unsure which route is for you.
- Both routes could become slippery, particularly in wet weather, so please come prepared! You will (hopefully!) need some protection from the sun, but equally you might require waterproofs. Whatever the weather, be sure to wear suitable footwear such as trainers or walking boots.
- Whilst there will be some refreshments available along the 10k route, please do bring anything that you feel you might need along the way. At the end of the walk, all participants will get a free sandwich lunch (a vegetarian option will be available) and there will be drinks and other items available to purchase.
- For health and safety reasons we regret that we cannot allow dogs at this event. We also ask that dogs are not left in cars.
- If for any reason you cannot attend, we would be grateful if you could let us know.

PLEASE NOTE

- All participants take part entirely at their own risk and understand that if they have doubts about their health, or have a medical condition that could be affected by exercise, they should obtain their doctor's approval before participating.
- Children must be accompanied and supervised by an adult at all times.
- By registering for this event you, and those named, agree to raise at least £15 in sponsorship per person. Should you be unable to attend, we would ask that you raise this money by participating in another event of your choice, or by making a donation.
- By taking part, all walkers agree that they are happy for their names and any footage or photographs taken during their participation in this event to be used to publicise Walk for Wards and the Stars Appeal generally, including television broadcasts.

Getting there

Car:

Wilton House is situated in Wilton on the A30 between Salisbury and Shaftesbury and is well signposted from all directions. Please park in the visitor's car park. If the event is heavily subscribed, there may be a need for additional parking to be organised. If this is the case please refer to signage leading up to Wilton House or consult a Marshal.

Train:

Regular services from London Waterloo to Salisbury taking only 90 minutes. Bus services are available from Salisbury.

Cyclists:

Cycle parking is available in the main car park.

Bus:

Wilts & Dorset Bus company run regular busses to Wilton House. Please contact them on 01722 336855 for more information.

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www.starsappeal.org

The Stars Appeal, Salisbury District Hospital, Salisbury, SP2 8BJ Tel: 01722 429005

The Stars Appeal - registered charity number 1052284 Registered in England as Salisbury District Hospital Charitable Fund.