

Moonlight Walk 2022 FAQ's

"Q: How old do I need to be?"

Walkers need to be 11 years or over at the date of the walk. Anyone who is under 18 must walk with a responsible adult (someone who is 18+)

"Q: Can my husband/boyfriend/son come with me?"

YES! For the second time in 15 years we are welcoming men to the event. So please bring along your brothers, husbands, dads and uncles!

"Q: When can I collect my T-Shirt?"

We will notify all participants by email when T-shirts are ready to be collected.

"Q: Can I buy accessories from the hospice?"

This year we will just be selling accessories on the night.

"Q: What time should I arrive?"

Arrival on the night is from 8pm. The walk itself starts at 10pm.

"Q: Where do I park?"

There is no parking at the hospice or on the road outside the hospice grounds. Parking staff will direct you to the nearest parking site.

"Q: How far is the walk in miles?"

14K=9miles

"Q: Where do I hang my memory ribbon?"

You will be given a ribbon and can choose whether or not you want to write a message on it to bring with you on the night. The ribbons are symbolically tied to the ropes on either side of the driveway at the hospice thus reminding us as we leave and return of those we love.

"Q: Do I need to bring any money with me on the night?"

If you wish to buy accessories, this will require you to bring some cash on the night but we can also take card payments.

"Q: Can I write a message on my T-Shirt?"

Yes, there is a space on the back of your t-shirt to write on. You could also write your reasons for doing the walk or the name of a loved one you have lost and attach photographs.

"Q: What shoes should I wear?"

A comfortable pair of trainers seems to be the best option. If you purchase a new pair make sure you break them in before the walk.

"Q: Can I come in fancy dress?"

Yes, the crazier the better, the theme this year is Jubilee so dig out your crowns and let's go for a little walk in the moonlight. Don't forget your t-shirt! You will be handed a high visibility armband to wear on the night which is a requirement for all walkers. Please give the armbands back after the walk so that they can be used again next year.

"Q: What clothes should I wear if it's raining?"

Unfortunately we cannot predict the weather so keep your eyes on the forecast and dress appropriately. Walking in the rain means you are going to be wet no matter what you wear but don't let that put you off.

"Q: Will there be toilets?"

We will have portaloos on site for use before and after the walk and there will also be some at around the halfway mark.

"Q: Will you be providing food and water for us?"

We will provide water, a celebratory glass of Fizz and Hot drinks which will all be available at the end. There will also be a hot food option as you finish. Please ensure that any dietary requirements are specified when you sign up.

"Q: How do we all set off?"

This year everyone is setting off at 10pm.

Please bear in mind that the route starts on a potentially busy main road, so keep on the pavement for your own safety.

"Q: How long will it take me to walk?"

Everyone is different, and it can take anywhere between 2 hours and 4 hours.

"Q: What happens if I'm too tired or I hurt myself?"

We will be constantly patrolling the route with a First Aider on board. If you require assistance let a marshal know, he/she will contact the hospice and our team will come and get you.

"Q: Will I be safe?"

We have marshals at every major junction and road crossing. There will also be marshals walking and/or cycling. They all have mobile phones.

The police will have been informed. Some stretches of the route have minimal/no street lighting – we have tried to bring in temporary lighting where possible. It is advisable to bring a torch for these areas. Please ensure you stick to the official route which will have marshal cover for your own safety.

"Q: Can I hand in sponsor money on the night?"

Yes. You will receive an A5 envelope along with your t-shirt. Use this envelope once you have finished collecting your sponsor money, place your sponsor forms and money in the envelope and return to the Hospice on the night. It is important that you also complete your details on the envelope so we can record it under your name. You can also bring in your sponsor money after the event, but if you can, please try and bring money with you on the night and hand it in at reception before you begin the walk.

"Q: How does the Hospice know who is eligible to pay Gift Aid?"

When your friends, family and colleagues sponsor you to take part, if they pay tax in the UK in anyway (this is not only on their salary but on their savings, pension or investments), we can claim Gift Aid on their individual donation. The Gift Aid column appears on the right-hand-side of the sponsor form so please encourage your sponsors to tick this if they pay tax in the UK. They must also give their full name, HOME address (we cannot claim Gift Aid when a work address is given), postcode and amount. We can then claim an extra 25p for every pound they donate so it is worth taking the time to do this.

"Q: What will the sponsor money be used for?"

Every single penny will go towards the running costs of the Hospice. The money we raise at this year's Moonlight Walk will go towards continuing to provide care to patients with life limiting illnesses and to support their families at a time when they need it the most.

"Q: Is there a minimum amount I have to collect?"

We are asking that every participant pledge to raise £40, either by fundraising or making a personal donation. Please ensure your money is returned by Friday 12th August.

"Q: Can I bring my dog?"

Yes we love having dogs join us and they can dress up too, but please have them on short leads and only bring them if they are well behaved.

COVID-19

1. To ensure a COVID-secure event environment for all our participants, staff and volunteers. We STRONGLY advise ALL attendees to test before attending the event ensuring a 'Negative' (Covid-19) Rapid Lateral Flow test result within 24 hours of attending the event.
2. To obtain proof of a 'Negative' (Covid-19) Rapid Lateral Flow test you must report your test result via this link: Report a COVID-19 rapid lateral flow test result - GOV.UK (www.gov.uk) to receive an official NHS COVID-19 Notification text message or email as proof of a 'Negative'(Covid-19) Rapid Lateral Flow test result.
3. St John's Hospice commits to delivering a COVID-Secure Event Environment, implementing all reasonably practicable measures to keep participants, staff and volunteers safe.
4. Specific COVID-19 safety instructions will be issued to all participants prior to the event via email.
5. Participants must ensure they are following current UK government guidelines during the event in respects to COVID-19.
6. Participants should NOT attend the event if they are showing any symptoms of COVID-19 or are required to Self-Isolate for any reason under NHS guidance: When to self-isolate and what to do - Coronavirus (COVID-19) - NHS (nhs.uk)
7. St John's Hospice reserves the right to cancel or postpone the event due to circumstances out of our control in relation to the Covid-19 pandemic.
8. Should the 2022 Moonlight Walk be postponed or cancelled, participants will be transferred to the new event date.