

MILES FOR MACMILLAN

SOUTH DOWNS WAY WALK

Thank you for your interest in organising a South Downs Way Walk to raise crucial funds for Macmillan Cancer Support. Please find enclosed all the information that you will need to organise a successful walk.

Like more and more people, you may know of a loved one who has been diagnosed with cancer. Every day 822 people in the UK are told they have cancer. Macmillan wants to help all of these people by providing them with the emotional, practical, medical and financial support they need.

Every penny you raise from getting your friends, family and colleagues to sponsor you will help us to take huge steps towards achieving our ambition of reaching out and helping everyone affected by cancer.

GOOD LUCK!

Good luck with organising and fundraising for your walk. If you need any more help or information please get in touch on 01273 746601 or email eastsussex@macmillan.org.uk.

We're really looking forward to hearing from you!

Working together to improve the lives of everyone living with cancer.

**WE ARE
MACMILLAN.
CANCER SUPPORT**



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).

ABOUT THE SOUTH DOWNS WAY

- The trail is marked with the logo of an acorn bearing the legend “South Downs Way”.
- The trail is a total of 100 miles and can take an average of 8-9 days to walk assuming an average of 12-15 miles a day
- Many different walks possible from 1 hour to 8 days
- Campsites and accommodation are available along the route
- Not engineered to be a fully accessible route but if you are an otherwise fit person but with mobility problems the SDW can be a great adventure. It is possible to use “tramper” type off-road buggies to complete the whole route.
- Generally conditions are reasonably easy with some moderately steep slopes but mostly the path is farm tracks.
- Both Eastbourne and Winchester are both well served by both national rail and bus routes. There are also plenty of well served access points along the entire route.
- National Park status in 2009
- Information can be found at www.nationaltrail.co.uk and by calling the SDW National Trail Officer on 01243 558716

www.macmillan.org.uk: Macmillan information, fundraising tips and sponsorship forms

www.be.macmillan.org.uk: Create posters and find Macmillan merchandise to promote your walk

www.justgiving.com/macmillanevents: Create an online sponsorship page and send a link to all your friends and family

www.nationaltrail.co.uk/southdowns: Information about the SDW including help planning a trip, accommodation, maps and much more

www.southdownsonline.org/learning: Helpful resource for teachers and parents with fun interactive activities for kids

www.southdownsway.co.uk: The SDW broken down into walks of various lengths with detailed pictures and transport links to your chosen route

www.walkingworld.com: Details of walks with a variety of lengths, locations and levels along the SDW

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ROUTES AND MAPS

The most detailed and comprehensive maps of the South Downs are produced by Ordnance Survey. The Explorer 1:25,000, are recommended for walkers.

The following Landranger maps will be needed to cover the whole SDW:

- Winchester & Basingstoke, map number 185.
- Chichester & the South Downs, map number 197.
- Brighton & Lewes, map number 198.
- Eastbourne & Hastings, map number 199.

Don't forget to check your local library as there may be books or maps available to help you with planning your walk. Route ideas can also be found on some of the websites that are listed above.



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EVENT IDEAS

Your walk can be anything you want it to be; the sky really is the limit! Here are some ideas to help you make your event as enjoyable as possible whilst raising lots of money for people affected by cancer.

Everyone's welcome

- Any length of walk possible from a stroll to 100 miles
- Any age, any date and it's accessible to most at most points
- A great way to keep active and do something positive
- No entry costs involved as it is free to walk the South Downs Way
- You could do it with a group or organisation that you are a member of
- Why not combine it with a walking holiday or weekend away?

Families & Schools

- Possibility to organise an event with the school tying in with other projects e.g. about the history of the area or the geography
- Use the idea of a treasure hunt e.g. flowers, animals, sights etc.
- Good way to keep the kids active and entertained in the holidays
- Costumes or all wear green for Macmillan
- BBQ/picnic at the end – lots of families together

Challenge event

- Can you complete the whole route?
- Speed - what is the fastest time for completing the route?
- You could try to complete the whole route in one go or over several days
- Orienteering/ doing the event at night/ getting sponsored per mile
- Find a fun and unusual way to complete the route
- You could do the 100 miles in a relay type race
- Why not send us pictures of your event so we can put them on our website

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FUNDRAISING EVENT FORM

Please complete and return this form to the address below:

Event Name:	
Details of event: (E.g. What type of event are you organising?)	
Date of Event:	
Venue/Location:	
Your name:	
Contact Address:	
Phone number:	Mobile:
Email Address:	
Name of your association or organisation: (If applicable)	
Other people involved in event: (Please provide phone numbers if possible)	
Approximately how much do you hope to raise?	
Do you plan on this becoming an annual event?	

<p>Have you ever organised an event like this before?</p>	
<p>Have you raised money for Macmillan before?</p>	
<p>Do you intend on contacting the local press about your fundraising?</p> <p>(If so, please provide details)</p>	
<p>Do you have a special reason for deciding to raise money for Macmillan that you would like to share with us?</p>	

Once your event has taken place, please make cheques payable to 'Macmillan Cancer Support' and send to: **Macmillan Cancer Support, c/o NatWest, 103 Church Road, Hove, East Sussex, BN3 2BF**. We will bank your donation and send an acknowledgement letter and certificate on completion. If you have any questions, please contact us. Good luck!

The Sussex Fundraising Team

Macmillan Cancer Support and our trading companies would like to hold your details in order to contact you about our fundraising, campaigning and services for people affected by cancer. If you prefer us not to use your details, please call our Supporter Services team on 0207 840 4900 or email us at supporterservices@macmillan.org.uk. We do not swap or sell your details with any third parties, but in order to carry out our work we may need to pass on your details to service companies authorised to act on our behalf.

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