



Wellbeing Walk for



Prioritising
Wellbeing

Fundraising Resources

Charity Number 1070674



Registered with
FUNDRAISING
REGULATOR

Contents



- Page 3 - Introduction
- Page 4 - Getting Started
- Page 5 - NAPA's 25th Anniversary Appeal
- Page 6 - Publicity
- Page 7 - Safety
- Page 8 - Capture Your Event
- Page 10 - 11 - Risk Assessment
- Page 12 - Wellbeing Walk Register
- Page 13 - Sponsor Form
- Page 14 - Social Media Assets
- Page 15 - Donation Label
- Page 16 - What You'll Get
- Page 17-19 - Event Posters
- Page 20-23 - Printable Bunting



We're Walking for



**Prioritising
Wellbeing**

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Introduction



The NAPA Wellbeing Walk is a sponsored walk with a difference! And the difference is you!

There are lots of ways you can personalise the walk to make it meaningful.

You can.... walk around the garden, along the promenade, up a hill, down a valley, dress up, take the dog, dance and skip, hula hoop..... whatever you fancy!

We hope the walk will encourage our members and supporters to bring people together, keep fit, and raise essential funds to support NAPA's work.

Walking is good for you, it's fun, free, boosts mood, exercises the heart, and provides the benefit of fresh air.

I will be walking 10 miles across the Sussex Downs in support of NAPA – It might take me a while as I intend to take my little Dachshund Poppy with me and she likes to say hello to every passer-by and smell every blade of grass! If it is a nice day we will take a picnic or stop for afternoon tea! Now all I need are some comfortable walking boots...

Hilary Woodhead, NAPA's Executive Director



Having three dogs, I walk a lot. I find taking them all for a run in the woods really refreshing and we love meeting people and other dogs on our travels. Fresh air is vital for my wellbeing and for theirs. On the day, I plan on walking somewhere new with my dogs, two of whom have Spina Bifida. How many people can we meet along the way?

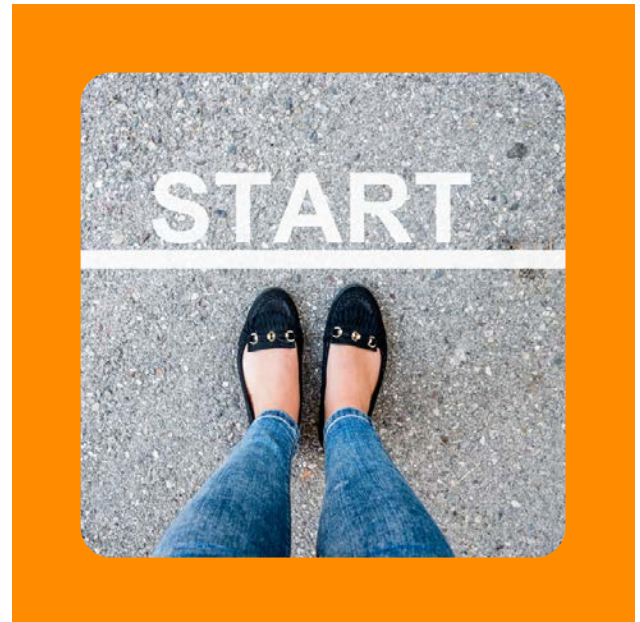
Gianna Burns – Communications and Fundraising Manager

Getting Started



Tips and advice for organising your NAPA Wellbeing Walk

- Be creative and inclusive, recognise diverse abilities.
- Choose a location, this could be a well-known local walk, a walk around the garden, or a walk on the beach.
- The success of your walk will depend on the route you choose – find a good route that your supporters will be able to do. Walking around the house might be enough!
- If you'd like to plan a walk around town, why not organise a walk between different Care Homes?
- Consider different distances for your walk so some people can walk a shorter route. Also, decide if your route needs to be buggy or wheelchair accessible for your walkers.



Ask for help!

Recruit a team of helpers to help promote your walk.



You will need:

- Volunteers to register walkers, lead the walk, and someone to bring up the rear of the group (marshalls).
- Ask for helpers so that you can provide drinks and snacks to your walkers - either on the route or afterwards!
- To set a target, so you all know what you are working towards.
- Make sure everyone signed up has a **sponsorship form** so that they can do their own fundraising!
- Use the NAPA **donation label** - just print it onto card.
- Set up a donation page for your walk so participants can collect online sponsorship.
- You could ask for an entry fee for the walk, especially if you are providing refreshments.
- Make sure the fee includes a small donation to NAPA.

Walk for NAPA and Support NAPA's 25th Anniversary Appeal



Raising money for NAPA will help us prioritise and improve wellbeing every day

**NAPA has been championing activity and engagement for 25 years –
please help us to reach our goal of raising £25,000 in our 25th year.**

How your support makes a real difference:

£5 Will help to train Activity Providers in key topic areas such as person-centred engagement and dementia or training family carers to use engagement techniques, to find out more about our subsidised training programme. Click **HERE**

£20 Will help to provide free resources.
To view examples. Click **HERE**

£250 Will help fund our free Activity Support Service; the NAPA support line for activity and care teams and family carers. To find out more about the NAPA support line. Click **HERE**

£10 Will help fund the NAPA Activity Providers Advisory Group ensuring that the Activity Providers experience is at the heart of our work.
To find out more about the APA Group. Email **HERE**

£100 Will help fund our successful annual Activity Providers and Professionals Week or our annual Awards Ceremony to find out more about the week click **HERE** and the Awards click **HERE**

Walk for us and make a difference!



Publicity



Spread the word that you are organising a sponsored walk for NAPA to encourage more people to join you and to raise awareness of NAPA's work. Include information and how to sign up and information about how to donate.

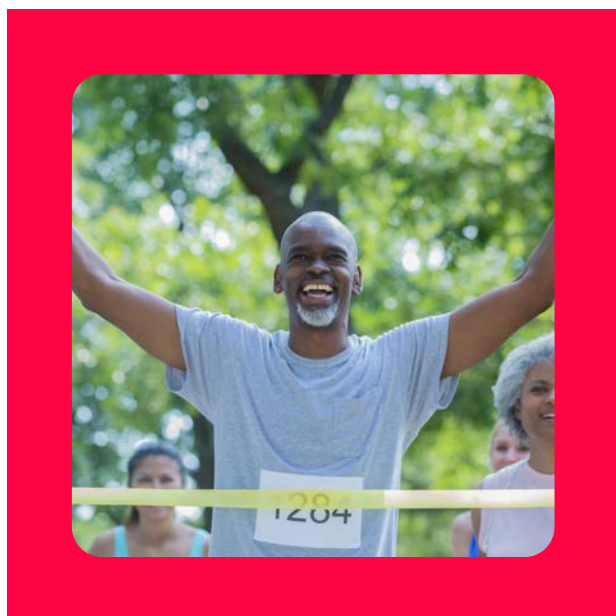
Social media - Mention your walk on Facebook and Twitter etc and ask all your participants to do the same, tweet as you walk and tag @NAPAlivinglife.

Work - Find out if you can advertise your walk at work, ask for sponsorship on the intranet, website, newsletter.

Local Media - We can send you a press release to share with your local newspaper, radio station, etc.

Contact our Fundraising Team **HERE**

Let people know that the monies raised will be going to NAPA: e.g. 'By taking part in this sponsored walk you are helping NAPA to support the care sector to prioritise activity, arts and engagement'.





Make Your Event Safe



Once you have your route planned, check with your local authority Safety Advisory Group to check if you need any permissions to walk through local parks.

Let the police know about your walk as well so that they can advise you about any other events planned that day along your route.

You will need to complete a risk assessment for your walk - see on pages 10-11.

Take a register of all your walkers before you set off.



- If you have a large group, offer walkers a number that they can attach with a safety pin, or encourage everyone to wear the same colour clothing! Perhaps a NAPA T-shirt?
- You could ask your walk leader to carry a brightly coloured umbrella to make them easier to identify in a crowd or from the back.
- Have a first aider, a leader at the front and a designated walker at the back to make sure everyone is safe and no one gets left behind. If your walking route crosses roads, recruit marshals to help.
- Ask your walkers to bring water, sun cream, sun hats etc and to wear waterproof layers and appropriate footwear.
- If you are providing refreshments make sure you do so safely visit **food.gov.uk** for more information.



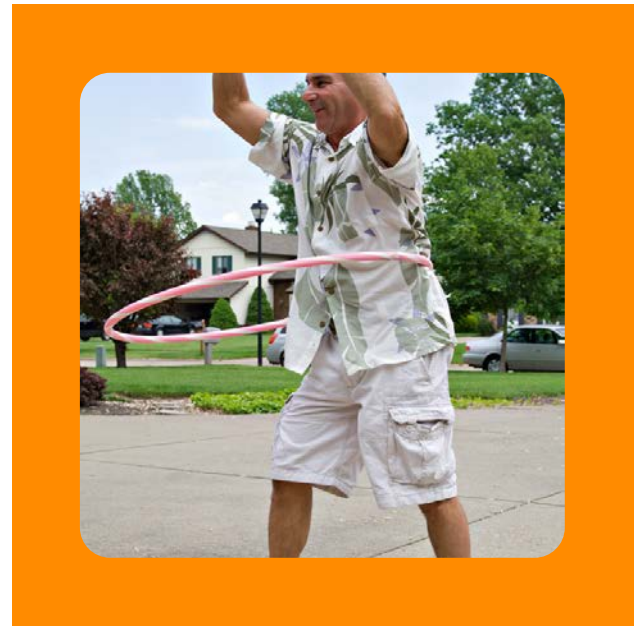
Capture Your Fundraiser



Bring your Just Giving and Facebook pages to life with images that show your commitment - and get people to like and share your progress.

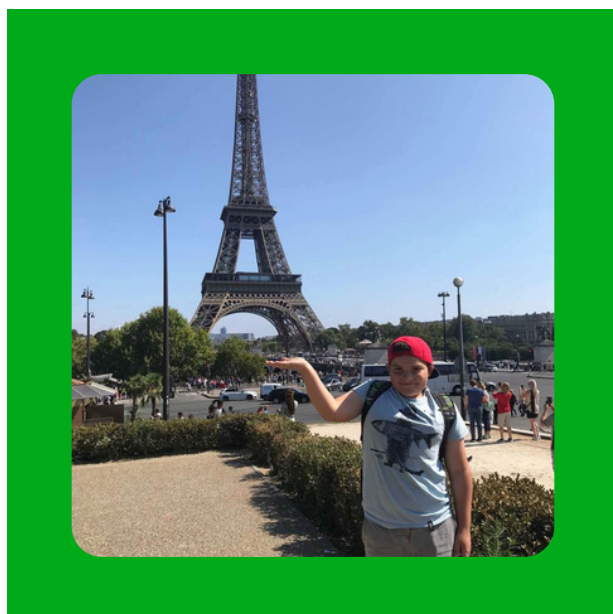
Be Creative!

- Take some action shots of your walk, or share a finish line photo. Include local landmarks and places of interest.
- Make sure there's plenty of light, ideally on the face of the person or view.
- Use filters on your phone to make your photos fun and engaging!
- Taking a photo from high up will make someone look small, from below will make them look more interesting. Play around with these perspectives to get your desired effect!

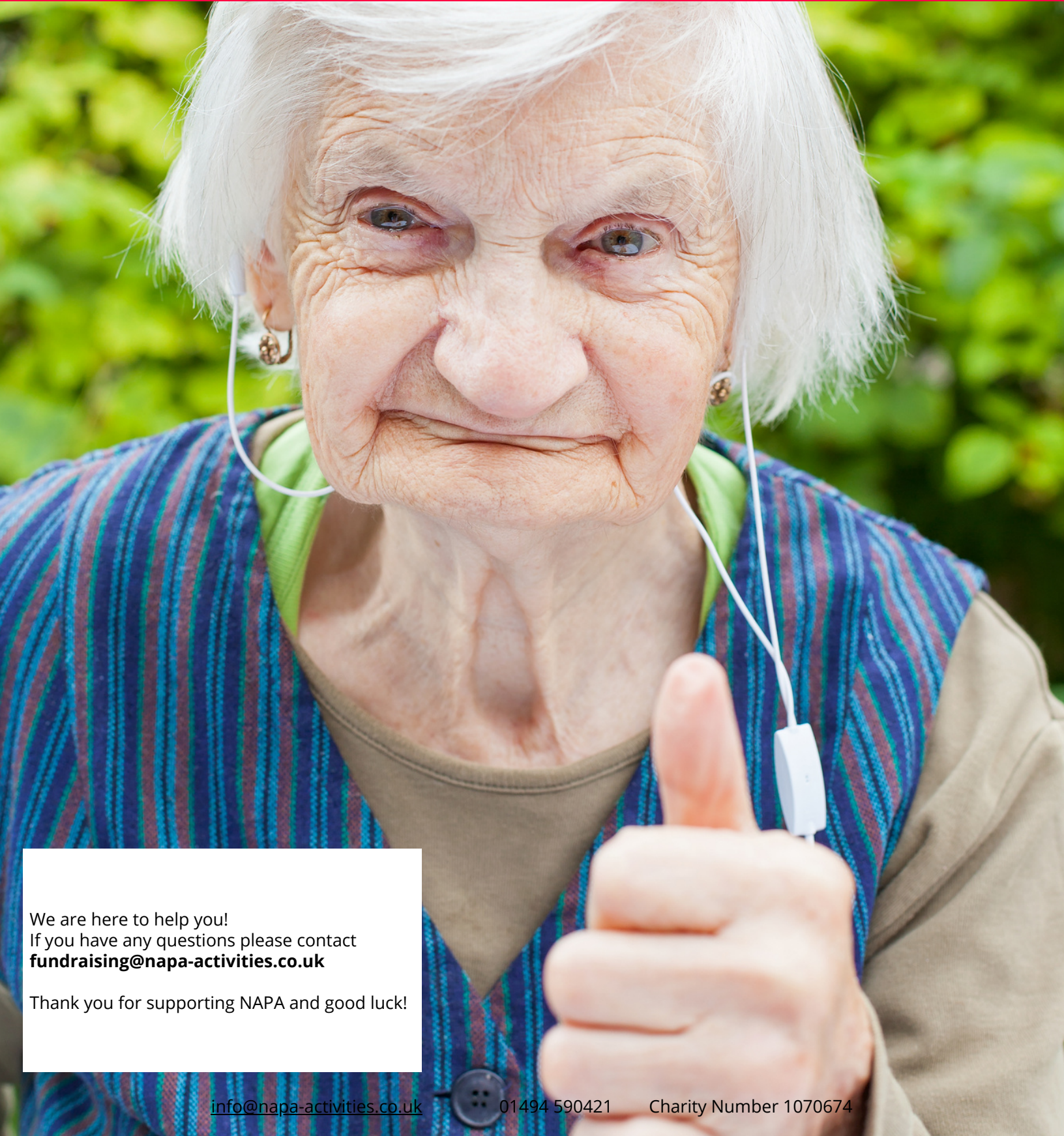


Optional Extras

- Raffle prizes and tickets: Approach local restaurants, shops and beauty salons to donate a meal, box of chocolates, or beauty treatment.
- Quiz: To keep children occupied while you walk.
- Song sheets: Have a singalong or dance as you walk.
- Refreshments: cakes, chocolates, drinks to sell.



Don't forget to share your photos and fundraising stories with our Fundraising Team!
fundraising@napa-activities.co.uk



We are here to help you!
If you have any questions please contact
fundraising@napa-activities.co.uk

Thank you for supporting NAPA and good luck!

Wellbeing Walk - Risk Assessment Form



Tick all hazards that apply to this route and cross through those that do not, add hazards not listed This is not an exhaustive list.

Take a copy of this on the walk.

Note risks identified during the walk, review whether the controls were sufficient.

Any questions please contact fundraising@napa-activities.co.uk

Please tick all hazards that apply to this route and cross through those that do not.

Location:

Assessment completed by:

Hazard	Who might be harmed	How is risk controlled
Traffic/roads	All	Warn walkers about the traffic, speed of traffic, number of cars etc Crossroads safely, use crossings Keep together Wear hi-vis vests as required
Dual use paths	All	Warn walkers when they are likely to encounter a dual use path and remind them as you approach Keep to one side Encourage walkers to warn each other should they see bikes approaching
Dog mess	All	Warn walkers to be vigilant, remind them if dog poo noticed
dogs	All, especially those who are fearful of dogs	Warn walkers they may come across dogs Offer companionship to those who are fearful If walkers bring their own dogs on the walk ask them to keep the dog on a lead
Overhanging branches	All	Warn walkers when they are likely to encounter a dual-use path and remind them as you approach. Encourage walkers to warn each other should they see over hanging branches
Weather	All especially those who are not appropriately dressed	Warn walkers in advance to dress appropriately and bring extra clothing, water Locate possible places to shelter before you set off Abandon walk if weather becomes too adverse

Wellbeing Walk - Risk Assessment Form



Hazard	Who might be harmed	How is risk controlled
Other people	All	Keep together Be conscientious Take a charged mobile phone Take an attack alarm Avoid eye contact if feel threatened
Slips, trips and falls	All, especially those with mobility issues	Warn walkers when they are likely to encounter a change in the path, course etc and remind them as you approach Encourage walkers to warn each other should they notice a change in walking conditions Abandon the walk if the terrain becomes unmanageable
Inclines	All, especially those with heart problems	Warn walkers that there will be inclines and remind them as you approach an incline Be aware of the health needs of walkers and encourage those with heart problems to carry their own mediation Take time, encourage walkers to walk at their own pace Build-in time to rest at the top of the incline
Stiles	All, especially those with mobility issues	Warn walkers that they are likely to encounter stiles and remind them as you approach Offer help
New to walking	All, especially those who have not walked a similar distance recently	Ask walkers to share any health issues which may impact on their ability Keep a close eye on new walkers and check in with them during the walk Offer a buddy to walk alongside for company and morale Provide water and rest stops
Other		
Other		



Wellbeing Walk - Register



Take a copy of the register on the walk.

Take the register at the beginning, middle and end of the walk.

Any questions please contact **fundraising@napa-activities.co.uk**

Location:

Date:

Completed by:

List all Walkers, Leaders, Marshalls and Volunteers

Name:	
1	
2	
3	
4	
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14	
15	



Show Your Support on Social Media



We have created a range of social media assets that you can use across your platforms to show your support.

Download the zip files below





Donation Label



Cut it out and stick it on!



We are Fundraising for NAPA

*Who Support Care Services to Prioritise
Wellbeing*



Charity Number 1070674



What You'll Get



When you fundraise for us, you will receive:

A welcome pack with tips to get you started and fundraising help

Free t-shirt once you raise £150

Online fundraising hub and materials

Support from our dedicated fundraising team

Please register your interest in organising a wellbeing walk.
Complete this form **HERE**

When your walk is complete send your donation to NAPA by

For bank transfers please contact:
fundraising@napa-activities.co.uk

Direct Online Donation:

Send your donation directly to our 25th Anniversary Appeal
HERE

Cheque:

Payable to: NAPA and send to St Marys Court, The Broadway,
Amersham, Bucks, HP7 0UT.

Make sure you include your name and address so we know it
is from you and we can say thank you.

Those who raise more than £150 will receive a NAPA
Fundraiser T-shirt. If you would like to buy your own, click on
the images to be directed to the site.

Thank you certificate

**Once we have received your donation, we will
send you your certificate.**





Date

Time

Location

Wellbeing Walk for



Prioritising Wellbeing

**Walking to raise funds for The National Activity Providers Association
Charity Number 1070674**



Date

Time

Location

Wellbeing Walk for



Prioritising Wellbeing

**Walking to raise funds for The National Activity Providers Association
Charity Number 1070674**



Date
Time
Location

Wellbeing Walk for



Prioritising Wellbeing

Walking to raise funds for The National Activity Providers Association
Charity Number 1070674

We're Walking for



Charity Number 1070674

Wellbeing Walk for



***Prioritising
Wellbeing***

Charity Number 1070674

I'm Walking for



***Prioritising
Wellbeing***

Charity Number 1070674

Proud to Support



Charity Number 1070674



Thank you



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Wellbeing*

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