**Walk To Remember 2024 FAQs**

Thank you so much for your patience in reading all this event information carefully. We appreciate there is a lot, however we would ask for your own comfort and safety on the day – and to make the event as enjoyable as possible for everyone – that you take the time to read through this information well in advance and before travelling.

**If you do have any questions that have not been answered in the following pages, please email Nadia (**[**nduncan@nichs.org.uk**](mailto:nduncan@nichs.org.uk)**) or Tel: 028 9032 0184 during office hours Monday to Friday. If you need to get in touch with Nadia on the morning of the event please Tel: 07706 521356**

NB As almost 90% of all our work is only possible thanks to public donations, we would be extremely grateful if you would aim to achieve our minimum sponsorship request for this event which is £50 per person or £100 per family.

**Q. How can I fundraise online?  
A.** If you haven’t done so already, setting up an online fundraising page is a quick, easy and hassle-free way of raising money. You will have received links in your event information email that will give you options for setting up an online FR. Once your page is complete you can send the link to your family, friends, work colleagues and also share it on your social media pages or if you have opted to create a Facebook or Instagram Fundraiser simply share in a post or invite your friends to see it and support you. In you are fundraising in memory of a loved one you can securely collect online donations by creating an NICHS Always In Our Hearts tribute page at <https://www.nichs.org.uk/tribute>

**Q. How can I get a sponsorship form?  
A.** You can download a sponsorship form from our website from the link below <https://nichs.org.uk/assets/resources/New-Sponsor-Form-A4-JUL19.pdf>

**Q. How can I pay in any money I raise?  
A.** You can pay your fundraising and sponsorship money in any way that is convenient for you.

**1. By Post**

Send your sponsor forms/cheques made payable to: Northern Ireland Chest Heart & Stroke and post to **Freepost RSYK-LUTK-GTKJ, NI Chest Heart & Stroke,** 21 Dublin Rd, Belfast, BT2 7HB. We don’t advise sending cash via post. If you have cash, please contact Nadia.

**2. Pay your funds in online**

You can donate your funds through our website, [**www.nichs.org.uk**](http://www.nichs.org.uk), by clicking on the ‘DONATE NOW’ button at the top right of the page. Please select, single donation, then ‘event sponsorship’ from the drop-down list and enter ‘Walk To Remember 2024’ as the name of your event.

**3. Online bank transfer**

You can make a deposit straight into our bank account online.

Bank Name: Bank of Ireland  
Bank Address: 4-8 High Street, Belfast, BT1 5LR  
Account Name: Northern Ireland Chest Heart & Stroke Association  
Account Sort Code: 90-21-27  
Account Number: 22973233  
Ref: **Your Name** Walk To Remember 2024

Please ensure if you make a bank transfer that you email [nduncan@nichs.org.uk](mailto:nduncan@nichs.org.uk) with your name, the date and amount of the donation and what it relates to so we can match it to the bank statement.

**4. By Phone:** you can make a credit or debit card payment by phone on 028 9026 6743 to our supporter care team quoting Walk To Remember 2024.

**5. Hand it in on the day:** We strongly recommend that you continue to fundraise after the event as on average 20% of donations come in post event, after you have completed your challenge, shared pictures from the day and given family, friends and work colleagues a last chance reminder to make a donation. However, if you would prefer to hand in any cash and your sponsorship form on the day, you will be able to do so at registration before the start.

**NB: If you have created an online fundraising page then you do not have to do anything! These funds automatically come straight through to us.**

**Running Order & Times**

**Q. How do I get there?  
A.** A2 Shore Road, BT39 9JQ. Car park entrance at roundabout where Shore Rd and M5 meet. Signposted as Hazelbank Park.

**What three words app: ///lend.survey.noisy**

**NB We encourage everyone to park in the free visitor car park which is the closest to the starting point.**

**Q. What time does the event start?  
A.** There will be a welcome address at 2pm shortly after which the walk will commence. The registration desks in the NICHS gazebo at the grass area will be open from **1pm**. Please ensure that you leave enough time for your journey to arrive in good time to register before the welcome. If you have younger children you may wish to arrive earlier in the day to make use of the fantastic playpark on site. We expect the event to be finished by no later than 5.30pm.

**Q. Is there car parking?  
A.** Yes, there is free car parking on site at the entrance to the park. After parking please make your way to the NICHS gazebo.

**Q. What is the procedure for registration?  
A.** When you arrive could you or only **1 person per group or family** (preferably the person who registered) please make their way to the NICHS registration gazebo. **NB If you are coming alone can you please make sure that you have emailed in advance to** [**nduncan@nichs.org.uk**](mailto:nduncan@nichs.org.uk) with the name and contact telephone number of someone that we can get in touch with in the case of an emergency. If you do forget to do this in advance, please advise our team at registration on the day.

We are accepting late registrations on the day if any friends or family decide to join you at the last-minute, NB however we will **not be accepting online registrations after 5pm on Thursday 5th September.** After this time and date people wishing to take part must register at the event. This desk will be sign posted as the **Late Registration Desk and will be open from 1pm.**

**Q. Will I receive anything else at registration?**

**A.** We will be supplying you with an *I’m Walking For Heart Bib* and on the return to Hazelbank Park you can write a message of love and remembrance inside a heart on our Always In My Heart memory wall. You will also receive a battery powered tea light thought candle to place at the wall.

**Q. What facilities are on site and what about refreshments?  
A.** There are public toilets at both parks which will remain open until after the event.

We will be giving out one bottle of water per participant at the finish, however we recommend that you bring your own water for before and during the walk. There will also be an opportunity to purchase additional refreshments from the on-site cafe at Loughshore Park or why not bring a small picnic or a few favourite snacks to enjoy on the grass area during our rest time at Loughshore Park?

In the interests of being environmentally friendly as possible, we would ask that any single-use bottles are placed in the correct recycling bins provided. In addition, as part of our contract with Antrim & Newtownabbey Borough Council, we must leave the grounds exactly as we found them, therefore please do use the litter bins provided as any litter will have to be removed post event by our volunteers.

**Q. Is the route fully-accessible?**

**A.** The 1.8 mile walkalong the shorelineis fully accessible for wheelchairs and buggies however there are a few steeper areas in which wheelchair users could require additional assistance. Please take note of all NICHS signage which has be placed to help you, listen to any hazard warnings from the stewards and please look out for any hazards that may have been taped / flagged on the route. For the safety of others, **please do not divert from the guided route**. If you need any assistance please approach one of our NICHS stewards. **NB The route is open to the public on the day of the event and we do not have exclusive access so please be aware that there may be other walkers along the route coming in the opposite direction.**

**NB – The route is 1.8 miles each way, from Hazelbank Park to Loughshore Park and back, a total walk distance of 3.6 miles. If you wish not to make the return walk please arrange to be collected at Loughshore Park - A2 Shore Road, BT37 0PY situated just off the Shore Road near the University of Ulster at Jordanstown.**

**Q. Has a risk assessment been carried out?  
A.** A full risk assessment has been carried out prior to the event and participants will be made aware of any hazards by signage and NICHS stewards. We want everyone to be safe and enjoy their walk and we ask that all participants are courteous and respect everyone’s right to participate at their own pace.

**Q. Are there medics / first aiders on site?  
A.** Yes, there will be NICHS first aiders and trained medics on site, on the route and one positioned at the start / finish.

**Q. Any rules regarding four-legged friends?  
A.** We are delighted to welcome your family pet to take part however please be advised that dogs must be kept on their lead at all times during the walk. A dog station will be provided and **please don’t forget poo bags!**

**Q. What about photo consent & filming?  
A.** Please be advised that our photographers will be taking pictures for use on our NICHS website, and social media platforms. If you or any member of your group or family **do not** wish to be included in any photographs or video that could be made public, please make sure that you contact the event manager, Nadia, in advance and make yourself or any child who is not to be to filmed or photographed known to us on the day at registration. NICHS cannot take responsibility for any images used on social media by other participants. We would strongly urge you all to please respect everyone’s privacy and always ask permission before you take anyone’s photograph or parental / guardian consent for anyone under 18. If you have mistakenly included someone in a photograph we would strongly recommend not to post on social media channels unless you have written consent first.

**Q. Should we send you our photos?  
A.** Yes please! We would love to share your highlight photos of the event so please email any photos that you are happy to be shared on our website or social media channels as soon as possible after the event to [**nduncan@nichs.org.uk**](mailto:nduncan@nichs.org.uk) **or tag us on social media.**

**Q. What should I wear?  
A.** As the saying goes, there is no such thing as bad weather - only the wrong clothes - so please make sure to dress appropriately and bring a warm hat, extra layers and a waterproof jacket and that babies in buggies are snug as a bug. Comfortable footwear is a must.

If you need any additional NICHS merch to help keep you warm, such as buffs or beanie hats (£5 each), you will be able to purchase these items in our NICHS shop at the event or in advance online purchase online [here](https://nichs.org.uk/shop/clothing).

Thank you from the bottom of our hearts for your support and we can’t wait to see you soon ❤️

**Our sincerest thanks to Antrim & Newtownabbey Borough Council**