

Together, let's take steps to Walk to d'feet MND!



“Our small idea of a walk, spiralled into a community. A community that has now raised £100,000 in the fight against MND. We have made some friends for life.”

“After two close friends, Pete and John, were diagnosed with motor neurone disease (MND) in the same summer, I decided that I needed to do something. We met John and his wife Margaret for breakfast and decided to arrange a fundraising walk around our town, the Letchworth Greenway – a 13.6 mile circuit. By the time we’d finished breakfast it had become a walk every month for a year.

Margaret and I hoped that if we could get eight other walkers each month, and all raise a minimum of £100 for each walk, we could hit a target of £12,000.

What started as a small walk with friends, soon evolved into something much larger – and Letchworth Walk to d’feet MND was born.

The basis was still the same: arrive at the same starting spot every month, do a group warm up, and begin the walk. We had two rest stops along the route. These were kindly looked after by the ‘Cake Crew’, who worked just as hard as the walkers, setting up tables and

refreshments with freshly baked goodies for us all at both stops. John managed the rest stops with my husband Mike.

We carried on the walks every month for the rest of the year, each one growing in popularity and sponsorship. By the end of the year, over 350 people had taken part and we had raised £50,000. After the first year of monthly walks our fundraising event had become a community. More and more people joined, whether they were joining with their own MND connection, or from hearing about the walks through the grapevine. We held themed walks (always inspired by John and often using anything orange and blue - tutu month, dog month and more), and memory walks. They really brought the MND community together.

Best of luck with your walk, we hope you enjoy it as much as we did.”

Claire Pedrick

Claire’s top tips



We had walk boxes so we could get them out the night before the walk and set up quickly. We invested in big thermoses so we could provide hot drinks for up to 100. Also say yes to volunteers helping – including people who wouldn’t be interested in walking, there are lots of things that people can help with.



Walk to d'feet MND



"To see a mass of people proudly wearing the MND logo on their shirts, walking like an army, at a Walk to d'feet, warms your heart. I'm constantly buoyed by the MND warriors walking for relatives, friends and the Association. A thrilling sight and wonderful day out for everyone."

Jan Warren



Walk to d'feet MND is a global fundraising event, with events taking place in countries including New Zealand and Australia. You can either organise your own walk or join one that is already taking place in your area. Walks can be held anytime of the year, it's completely up to you!

Follow our easy guide to find out how you could organise your Walk to d'feet.

Before the walk checklist

Use our handy checklist to tick things off as you do them, to ensure you have everything ready for your walk.



Date completed

Choose the date, time and location	<p>Think about the distance, number of people attending, the terrain and the time of year. Is the route easily accessible and does your date clash with any other large events taking place in the area which you might want to avoid?</p> <p>This handy website might help to plan your route: www.mapometer.com</p>	
Check if you need permissions	<p>Some routes may require special permissions so check with your local authority to see if you need any special licenses eg: land use/street collection permit/public entertainment licence. Some licenses can take up to a month so contact them as soon as possible.</p>	
Register your walk with us	<p>If you're organising a public walk, make sure to add your event to our website so others can join you: www.mndassociation.org/walk</p>	
Complete a risk assessment	<p>Your event must be organised safely. Carrying out a risk assessment is the best way to make sure you have considered and identified any potential risks. Download a template from our website: www.mndassociation.org/walkriskassessment</p> <p><i>If you are not an MND Association Branch or Group member, then the MND Association cannot accept any responsibility for your event or for anyone taking part. If your event is attended by members of the public, then consider taking out public liability insurance.</i></p>	
Create your fundraising page	<p>When you register your walk on our website, you will automatically have a fundraising page created. If you would prefer to use JustGiving, or create a Facebook Fundraiser, then feel free to create this too.</p> <p>Online fundraising pages are simple and a fast way for people to donate. Share your page on social media for even more success!</p>	
Create your branded promotional items	<p>Visit our Template Centre to create your Walk to d'feet posters and social media posts: www.mndassociation.org/templatecentre</p>	
Order branded materials	<p>Raise awareness by using MND Association branded merchandise. Let us know what items you would like and ensure you order enough t-shirts for everyone taking part. You can find the materials form in the resources section online. www.mndassociation.org/walk</p> <p>Orders must be received at least two weeks before your event.</p>	
Get your team together	<p>Encourage all your friends and family to get involved and ensure they all register and set up their fundraising page too.</p>	

Making your walk safe

- **Make sure you know the route**

Walking the route beforehand is a great way to test it out! Avoid areas with heavy traffic or difficult terrain. Why not put up directional arrows to help signpost the route.

- **Is the route suitable for wheelchairs and pushchairs**

Ideally we want our walks to be inclusive, so that everyone is able to take part, especially people living with MND.

- **Ensure you and your walkers follow the Countryside Code**

More information can be found here: www.gov.uk/government/publications/the-countryside-code/the-countryside-code-advice-for-countryside-visitors

The Royal Society for the Prevention of Accidents have further health and safety guidance too: www.rosopa.com/road-safety/advice/pedestrians/charity-walks



On the day

It is important to encourage your walkers to come along well prepared for the event.

Walker checklist:

- ✓ Good footwear
- ✓ First aid kit
- ✓ Emergency phone numbers
- ✓ Fully charged phones
- ✓ Appropriate clothing
- ✓ Food and water supplies
- ✓ Suncream
- ✓ Your maps and directions

If you are organising a walk with more than ten participants, it is good practice to have a lead walker and a follow up walker at the end. If possible, consider positioning marshals along the route who can have direct communication with you, should something go wrong.

MND Association Branches and Groups: Make sure everyone has registered for the walk online, and for any on the day arrivals, make sure they complete a registration form.

If you want to hold a collection, make sure you get the appropriate permission/licence before you collect. Always apply to the local council licensing department well in advance.

"Taking part in our local Walk to d'feet event provides the perfect opportunity for us to come together with family and friends to remember our dad and give back to the charity that gave us so much support after his diagnosis. We always have such a lovely time meeting other families affected by MND, sharing stories and a delicious ice cream halfway along the route!"

Rebecca Slegg



Step up your walk

- **Fancy dress**

This is a great way to theme your walk around the season, e.g. dressing up in Christmas outfits, or Easter themed outfits. We've also seen tutu walks!

- **Dog walk**

Bring along your four-legged friends, dress them up in a t-shirt or some blue and orange accessories

- **Colour walk**

Wear all things orange and blue, see if you can have a competition for the best dressed

- **Wheels and walkies**

A walk for wheelchairs and mobility scooters, along with dogs. Why not get the kids involved wearing their roller skates and using skateboards too?

- **Wig walk**

Don your best hair-do (orange and blue are the best, of course!)

- **Memory walk**

A lovely way to remember a loved one on a special date

- **Treasure hunt walk**

Hide things for walkers to find along the route, or suggest things for them look out for. This is a great way to keep younger walkers entertained



How to promote your walk

- Use our Template Centre to quickly produce posters, social media posts and a variety of other useful promotional items:
www.mndassociation.org/templatecentre
- Download a QR code to add to your posters for more donations. This is done by typing the URL directly into Template Centre, or alternatively into any online QR code generator
- If raising funds for a local MND Association Branch or Group, make this clear on all materials and let the Branch or Group know so they can help promote
- Make sure all materials use our 'In aid of' logo. This can be accessed through our Template Centre
- If you want members of the public to be able to join your walk locally, make sure you select this option when registering your walk online. Your walk will then be displayed on our MND Association website.
- Share on social media using **#TeamMND**
- Join our Walk4MND Facebook group to both share your walk and find out tips and tricks from our #TeamMND walking community: www.facebook.com/groups/walk4mnd
- Ask if you can put posters up in local shops and public spaces
- Include in 'What's On' guides for your local area
- Let your local newspaper, TV and radio station know that you are organising an event. We can help you with a press release template to share your story

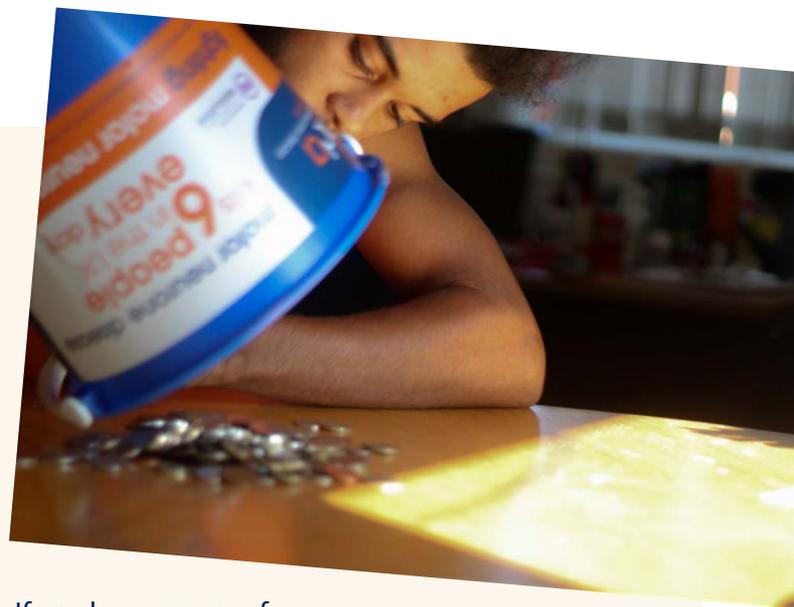


After your walk

If you and your walkers have been collecting cash, make sure you collect all the funds from the walkers and pay it in to us together.

Pay in the money you've raised using one of the following methods:

- Visit mndassociation.org/fundraisingdonations
- Call **01604 611860** to make a debit or credit card payment
- Send cheques payable to '**MND Association**' to **Motor Neurone Disease Association, Francis Crick House, 6 Summerhouse Road, Moulton Park, Northampton, NN3 6BJ**
- For bank transfers please contact us directly for details on **01604 611860**



If you have sponsor forms please email us a scanned copy or a photo of the form, or post them to us, so we can claim the Gift Aid.

Make sure you include your details, or the details for the person who registered the walk with us, so we know which walk the fundraising relates to and can say thank you.

If you and your walkers raised money online the donations should come directly to us. If you are not sure please get in touch with us to check.

Remember to thank everyone who took part in your walk and let them know how much the event raised.

Whichever way you choose to pay in the money you raise, thank you - every donation makes a difference.

Please send us your photos from your walk – we would love to see them! If you would like to share a few comments about how your walk went, or why you took part, we would love to hear this too.

Remember to share your success on socials and show your friends and family how much you've raised.

Please do tag us: @mndassoc on Instagram, Twitter and TikTok, and @mndassociation on Facebook.



Ken was diagnosed with PLS, a form of MND, in 2020. Ken lives in York with his wife, Kay, and has a passion for landscape photography.

"Kay and I enjoyed walking and being together before my diagnosis. I was so grateful to the MND Association for giving me a support grant, which I used to help fund the advance lease payment for my wheelchair accessible vehicle. Once I had my power chair and vehicle, things started to change. I started looking to the future, making plans for outings, and my mental health became much better. I decided to start my Life after Wheels vlog to show other people that living an active outdoor life doesn't end once they start using a wheelchair".



£1000*

could fund a support grant, allowing someone like Ken to be able to continue living the active lifestyle they had before diagnosis.

*Grant amounts are subject to application criteria.

Visit mndassociation.org/walk to find out more and support the fight against MND

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If you are affected by MND and need information or support, please contact our helpline:

mndconnect
0808 802 6262
mndconnect@mndassociation.org

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