

Wellbeing Walks



With
kids' activity
trails!

Take part in one, two or challenge yourself to all three of our Wellbeing Walks:

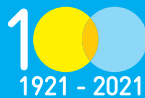
- Angmering Park Estate, Saturday 9th July 2022
- Bognor Regis Seafront, Saturday 1st October 2022
- Horsham Town, Saturday 18th March 2023

Raising funds to support blind and sight impaired people living in West Sussex.



01243 838 001

fundraising@4sight.org.uk



4Sight
vision support



Join us on our Wellbeing Walks

The **Angmering Park Estate** walk will take you on a beautiful, undulating (and sometimes hilly!) **5 mile** walk around this stunning private Estate.

Our **Bognor Regis Seafront** walk will offer **2, 4 & 6 mile** options of flat promenade footpath looking out across the stunning blue horizon.

Finally the **Horsham Town** walk will take you around the cobbled paths of this historic town and local park for a **5 mile** walk to conclude our Wellbeing Walks.

Entry per event costs just £10 for adults & £5 for children aged 3+.
Walks start at: Angmering, 10am, Bognor, 10am and Horsham, 2pm.
Entry includes: refreshments, bespoke wooden medal and wellbeing activities at each event.
Special event T-shirt also available for £10 - order via the registration form by **27th May**.



Studies show that building the following five actions into our day-to-day lives can help improve our wellbeing; connecting with others, being active, taking notice of our surroundings, learning and giving.

Join us as we take you on a journey through these steps that we hope will improve your wellbeing.

The entrance fee covers our costs for putting on the event, we would love it if, in addition, participants were able to pledge to raising £50 in sponsorship to support the vital work of 4Sight Vision Support.

Take on the challenge of completing all 3 walks and raise £500 sponsorship, and you will receive a special thank you gift from us at 4Sight Vision Support.

For more information or to register and pay by card, call the Fundraising team on: **01243 838 001**.

More details at: 4sight.org.uk/wellbeing-walk

Charity Number: 1075447
Company Number: 3740647



Wellbeing Walks - Registration Form

Your Details

Each participant must complete a form, please contact us for further copies.

Title: _____ **First Name:** _____ **Surname:** _____

Address: _____

_____ **Postcode:** _____

Telephone: _____

Email address: _____

Would you like to help us promote this event through the local press by sharing your story? If yes, please let us know why you are taking part below and we will be in touch:

Keeping In Touch

By registering for this event the details you provide will be stored on our database. They will only be used to process and contact you in relation to this event. In the future we would like to let you know about the vital work we do for people living with sight loss and opportunities to support us. We will never sell or share your data and we promise to keep your data safe and secure.

Please tick the boxes below to tell us all the things you would like to hear about and how you would prefer to hear from us:

Volunteering

Post

Future Events

Email

Campaigns & Appeals

Telephone

Leaving a gift in my Will

Internal use only: Received by: Date:

Processed on CL by: Date: Sent reg letter by: Date:

Event confirmation by: Date: Payment details:

Fit to walk

You will need to be in reasonable health to take part in any of our walks. Please confirm you are fit to walk by signing at the bottom. Anyone walking must complete this form to be able to take part in the event.

Health information: It is important that 4Sight Vision Support is aware of any health problems that you have that may require medical attention during the walk.

Do you suffer from any such health problems? Yes No

If yes, please outline the health condition here:

Please provide details for an emergency contact who will be available on the day of the event.

Contact name: _____ **Contact number:** _____

Relationship to you: _____

I understand that the walks are not a race and that the different walks have their own hazards. I am aware that 4Sight Vision Support and its employees and volunteers cannot be held responsible for any personal injury, accident, loss, damage or public liability.

I confirm that I am in reasonable health and fitness and that I understand the information detailed above.

Signed: _____ **Date:** _____

Guardian over 18 must sign for a child.

Please tick which walk/s you would like to sign up for.

Entry is £10 for Adults & £5 for children (per event).

<input type="checkbox"/> Angmering	£
<input type="checkbox"/> Bognor Regis 2 <input type="checkbox"/> 4 <input type="checkbox"/> 6 <input type="checkbox"/> miles	£
<input type="checkbox"/> Horsham	£
<input type="checkbox"/> T-Shirt <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	£
<input type="checkbox"/> Optional donation	£
Total:	£

Please return this form, along with any cheques to:
Fundraising Team, 4Sight Vision Support, 36 Victoria Drive,
Bognor Regis, West Sussex, PO21 2TE