



Night to Remember Worthing – Saturday 11 September 2021 Frequently Asked Questions

Night to Remember is a fundraising midnight walk. Starting and finishing at Worthing Leisure Centre walkers can choose from 7, 13.1 or 20 mile routes. Everyone is welcome aged 10 and over. Join us on Saturday 11 September and help raise vital funds for the St Barnabas House Hospice at Home Team.

Together we can face the night united and support hundreds of local people and their families.

Night to Remember goes single use plastic FREE

St Barnabas House and Night to Remember are trying to take responsibility for the wonderful world we live in and aim to stamp out the use of single use plastics at our events. We are challenging our suppliers, as well as thinking about what materials we are bringing into the event, helping to make a positive change for 2021.

What is single use plastic?

Single use plastic or disposable plastics are used only once before they are thrown away or recycled. These items are things like plastic bags, straws, coffee stirrers, water bottles and most food packaging.

How will this affect me?

You will need to bring your own torch and water bottle with you on the night. Water bottles and throwaway torches will not be available on the night. However, don't worry, we will make sure there are plenty of re-fill water points for you to top up your bottles throughout the route to stay hydrated!

If you have any questions or concerns with regards to the above, please feel free to get in touch with the team.

What are the routes?

7 miles - a shorter jaunt from the Leisure Centre to the Seafront via George V Avenue and turning around opposite Brougham Road;

13.1 miles - (which is a half marathon) – a slightly longer ramble through the streets of Worthing, joining the promenade at Sea Lane Café and carrying along until turning opposite Western Road and returning to the Leisure Centre

20 miles - A challenging hike along the seafront doing two loops. The first starting at Worthing Leisure Centre and turning around at Brougham Road, then heading all the way back to Georg V Avenue and heading North on Goring road. At Toby carvery turn left on to Goring Road and head West. Along Illex way and back down to the seafront, turning around at Lancing Green band stand. Retrace your steps back to the leisure centre from here. Please find a map to download on our web page.

How do I enter?

By going online: www.stbh.org.uk/nighttoremember

By calling us on:

01903 254777

By emailing us on:

events@stbh.org.uk

How old do I have to be?

Entrants must be over 10 years of age on the date of the event, Saturday 11 September 2021. All children aged 10 – 15 must be accompanied by a guardian for the duration of the challenge.

Can I reserve a place?

No, all entrants are on a first come first serve basis and must complete the registration in full to reserve a place. You cannot enter on the night of the event.

How much is it to register?

Registration is £22 per person. If you register before 18 June 2021 you can receive the early bird price of just £17.

New silent disco!

New this year, we are adding the option of a silent disco for £5pp to walkers for all routes. On your registration form online or physical form there will be 2 ticket prices, one for the standard ticket £22 and one with the silent £27. On the night we will ask for a £20 cash refundable deposit which you will get back when you return your headset.

What is a silent disco?

A silent disco is an event where people dance to music listened to on wireless headphones. Rather than using a speaker system, music is broadcast via a radio transmitter with the signal being picked up by wireless headphone receivers worn by the participants. Those without the headphones hear no music, giving the effect of a room full of people dancing to nothing.

There will be two channels on the silent disco which you can switch between and we will be playing a mix of genres to suit all participants. The silent disco will be available for the duration of the walk and you can remove your headphones whenever you like to chat to your friends and family.

How the silent disco will work on the night?

A designated walker for each distance will be carrying the radio transmitter so you will need to keep them in sight for the music to keep playing. When we set each group off we will also announce when the designated silent disco walker is setting off, so that you know who to keep in sight. The range of the headphones is up to 100 metres on uninterrupted flat land.

We suggest if you want to do the walk at speed then this option may not work for you or if you are potentially a little bit slower you may drop out of the suitable range.

What's included in my registration fee?

- Event fundraising pack
- St Barnabas House t-shirt
- Medal upon completion
- Refreshments on route
- Breakfast at the finish
- Full Event support – marshals, support walkers, medics
- Fundraising advice and support from St Barnabas House

Is there a minimum sponsorship?

There is no minimum sponsorship for Night to Remember and your registration fee covers the cost of the event only, we do encourage participants to raise at least £50 towards the fantastic night service we provide at the hospice. Every additional pound you can raise helps support local people and their families, and directly benefits St Barnabas House Hospice at Home service.

When do I need to register by?

Registration for Night to Remember closes on Sunday 5 September, and you cannot register on the night.

I haven't fundraised before

The team will be here every step of the way to help you with your fundraising. A good place to start is the fundraising hints and tips on our website www.stbh.org.uk/nighttoremember, here you will also find a whole host of fundraising advice and tools to download and hints on how to set up a JustGiving page. We will also send you a fundraising pack to get started, including a money box and a sponsor form. Talk to us if you are thinking about starting your fundraising, we can help! Remember your registration fee only covers the cost of the event.

How do I set up a JustGiving page?

Visit: www.justgiving.com/stbarnabashouse

Look for organised events and select Night to Remember 2021.

Use the helpful downloadable guide on our websites www.stbh.org.uk/nighttoremember . If you can't find what you need get in touch and we can set a page up for you over the phone.

Can I gift aid my donation?

Please ask your donors to gift aid their donation. Anyone who pays UK tax can gift aid, all they have to do is tick the box on your sponsor sheet. St Barnabas can reclaim the tax back on every sponsorship donation and get an extra 25% without it costing you a penny. Find out more on our website www.stbh.org.uk/donate/gift-aid-for-st-barnabas-house/

Can I hand in my sponsor money on the night?

No, we are unable to accept sponsorship money on the night of the event. Please use the below methods either before or after the event:

- Via Bacs Payment account no: 70574790 Sort code: 60-03-38 Natwest bank St Barnabas Hospices – please include – **N2R21 and your name in the reference**
- Send us a cheque using our freepost address here:- Freepost RSL-CHXE-CGZR, St Barnabas House Event Team, Titnore Lane, Worthing, West Sussex, BN12 6NZ
- Call us on 01903 254777 and make a donation over the phone

We strongly advise not to send cash in the post

If you have taken part as part of a team please let us know who is in your team and if you are fundraising as a group.

Can I bring pets?

Unfortunately, we cannot accommodate any animals on the walk apart from guide or assistance dogs.

How do I know if I have got a place?

Online: When you register and pay successfully, you will receive an automatic email from the St Barnabas House Events Team, confirming your registration. Not long after registering you will receive a fundraising pack in the post with all of the information that you need to know about the walk, and everything you need for the rest of your fundraising journey!

Offline: Not long after registering you will receive a fundraising pack in the post with all of the information that you need to know about the walk, and everything you need for the rest of your fundraising journey!

Will there be parking facilities on the night?

Free parking is available at Worthing Leisure Centre and additionally at the Car Park opposite the leisure centre, however, parking spaces are limited so we ask that **wherever possible please car share.**

Will there be a drop off/pick up point?

Yes, located near the front of the car park – please notify a car park marshal if you need to use this zone.

Are the routes wheelchair accessible?

The 7, 13.1 and 20 mile routes can all be accessed by wheelchair users.

How long will the walk take?

The walk is definitely not a race and participants are encouraged to walk at their own pace. We anticipate that the walk will take between 2 - 8 hours to complete, depending on which route you choose to walk. No walkers are allowed to run, or jog and no walker must pass our St Barnabas House lead walkers – all walkers must be back to Worthing Leisure Centre by 6.30am.

Lead walkers and back walkers

For your safety there will be a lead walker for each route walked, please do not overtake this person as they are there to guide you. We also have allocated a walker at the back so that they can be there to make sure that everyone is still able to continue with the walk and will be there for anyone that requires assistance from the control centre.

Volunteers

If you don't want to walk you can still get involved through volunteering to support the event on the night – this invaluable contribution allows the event to continue each year. We simply could not put the event on without the support of our volunteers. If you are interested in volunteering or know someone who is, why not get in touch to see how you can help?

01903 706326 | fundraising-volunteers@stbh.org.uk | www.stbh.org.uk/nighttoremember

When will I get my T-shirt?

T-shirts are available to collect from St Barnabas House, 2 Titnore Lane, Worthing, BN12 6NZ on one of our collection days:

- 23 June 3pm to 5pm
- 30 July 12pm to 2pm
- 18 August 10am to 12pm
- 6 September 4pm to 6pm
- On the night at the event

Please wear your t-shirt with your walker number safely secured on the night, with your details completed on the back. Your t-shirt lets us know that you have registered for the walk; if you are not wearing your t-shirt you will not be able to take part in the walk. It is very important that you wear your walker number and have filled in your 'in case of emergency details', so that in the unlikely event of an injury we will be able to make sure you receive appropriate medical treatment.

Can we walk as a group?

Yes, the more the merrier, lots of our walkers participate as a team. If you decide to raise your sponsor money as a group, please inform the Events Team so you can qualify as part of our 300 club

Can I speak to someone about the event?

Yes, we would love to speak to you! We can be contacted by phone or e-mail Monday-Friday, between the hours of 9am-5pm. You are very welcome to speak to us on the phone on 01903 254777 , or alternatively you can email us at events@stbh.org.uk.

What's the 300 club? How do I join?

Becoming a member of the 300 club is simple. All we ask is that you raise a minimum of £300 per person and return your sponsorship no later than the 30 November 2021. Once you've hit that target you'll automatically be entered into our **300 club** and will be invited to join us for a special event of celebration. Throughout your time fundraising we will be here to help you by providing extra fundraising materials, support phone calls and training advice.

What do I need to wear?

It is imperative that you wear comfortable, flat walking shoes and appropriate socks for the walk. Please wear comfortable clothes, with plenty of layers to help you maintain a good body temperature. Unfortunately, we are dependent on the English summer, so don't forget you may need wet weather gear!

What time can I arrive?

Please start arriving from 8.30pm to register for the night and to take advantage of our pre walk entertainment and warm ups. Please do not arrive any earlier than 8.30pm as we need time to get the event set up and ready for you and for health and safety reasons we cannot allow participants on site whilst we are setting up.

Are there refreshment points?

Yes, there will be the following refreshment stops:

Goring Cafe stop – 13.1 and 20 mile only

Brougham Road – All routes

Will there be food and drink available at the start and finish?

Limited refreshments will be available to buy at the start – we suggest to fuel up before arriving or bringing plenty of snacks with you.

How fit do I need to be?

We suggest that you undertake as much training as possible especially if you are planning on walking the 20 miles and are physically able to complete the challenge that you have signed up for. If you are concerned or would like training advice please get in touch with the team.

For more information and tips for training and getting ready for your challenge please visit our website.

www.stbh.org.uk/nighttoremember

Can I change distance once I have signed up?

Yes, please inform the team before the big day.

Are there toilets available?

Yes, there will be toilets available at the start, on route and at the finish and throughout the walk. Please see the route map for details of where the toilet stops will be.

Can we walk in fancy dress?

Yes, the wackier the better!

Is there anywhere for my family to watch?

Yes, your family are welcome to come along to support you. If they will be sticking around why not suggest that they volunteer?

What's the nearest public transport?

Durrington-on-Sea train station is a 7 minute walk away.

There is a bus stop near the entrance of Worthing Leisure Centre

Can I walk if I am blind?

Yes, provided that the blind walker can walk safely themselves and without impairing the safety of other walkers or members of the general public. We suggest they wear a high visibility jacket / shirt to inform others they are blind and suggest that they bring a buddy with them especially if taking on the 20 mile route.

Can I walk if I am deaf?

Yes, provided the deaf walker can walk safely themselves and without impairing the safety of other walkers or members of the general public. We suggest they wear a high visibility jacket / shirt to inform others they are deaf and suggest they bring a buddy with them especially if taking on the 20 mile route.

What happens if it is raining?

We are reliant on the great British Summer! If it is raining the walk will still continue.

What happens if I hurt myself on the walk?

If you hurt yourself please report to your nearest Marshal who will call into the control centre and will deploy the safety minibus and a medic to collect you.

What happens if I can't complete the walk?

If you cannot complete the walk please report to your nearest Marshal who will inform the control centre to deploy a safety mini bus to collect you.

Will I still get a medal if I have to get picked up?

Of course! If you need to be picked up before completing the challenge you will still get a finishers medal.

Why do I need to raise sponsorship?

Night to Remember is a fundraising event and all monies raised will help to provide the local community with the vital care that they need, either in the comfort of their own homes or at the hospice.

Is there a time limit to complete the challenge?

Yes, all walkers must have returned to the leisure centre by 6.30am.

What do I do when I get there?

When you arrive please park up in the space indicated by the car park marshals. Then make your way to the leisure centre where you will be directed where to go to register and take advantage of the pre-walk entertainment and warm ups.

Can I cancel my place on the challenge?

Of course, we understand things happen. Unfortunately, your registration fee is non-refundable.

What happens if the event is cancelled due to Coronavirus?

All places come with our Covid-19 Promise allowing you to register with confidence.

To read more about our Covid-19 Promise visit:

St Barnabas House - www.stbarnabas-hospice.org.uk/challenge-events/covid-19-promise

Is the event Covid safe?

We hope by the date of the event that all restrictions will have lifted but if they have not we will ensure that the event is as safe as it can be. There will be additional hand sanitising stations throughout. We will be relying on you all to play your part and have written a handy document on how we will keep you safe at the event. Full document can be found on the website.

I still have a question – what do I do?

We are sorry that your question was not answered here – please contact the Event Team to discuss your question.

01903 254777

events@stbh.org.uk

www.stbh.org.uk/nighttoremember