



## **Worthing – Saturday 24 June 2023**

### **Frequently Asked Questions**

Night to Remember is a fundraising midnight walk. Starting and finishing at Worthing Leisure Centre walkers can choose from 10, 20 or 25km routes. Everyone aged 10 and over are welcome to join us on Saturday 24 June 2023 to help raise vital funds for St Barnabas House Hospice.

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

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#### **Route and timings details**

##### **Are the routes the same as before?**

This year we have new routes for you which we are sure you will love.

**10 km** - a shorter jaunt from the Leisure Centre to the Seafront via Alinora Avenue, round the pier and back to the leisure centre.

**20 km** - a slightly longer ramble heading through the streets of Ferring, down the rife and along the seafront. Walk around Beach house park before returning to Worthing leisure centre.

**25 km** - A challenging hike heading through the streets of Ferring, down the rife and along the seafront. You'll go round beach house park and then back along the seafront turning at Lancing Green bandstand back to Worthing Leisure centre.

A map will be available on our website for you to download.

## **What is the start time?**

This year we will have two different start times:

- **20 & 25km route:** Register at 7:00pm and the walk will start at 8:00pm
- **10km route:** Register at 8.30pm and the walk will start at 9:30pm

Please do not arrive any earlier than your designated start time 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.

## **Why have you chosen to do this?**

We have chosen to change the start times so that more people finish around the same time and creating a better return welcome for all our walkers. All walkers will still be walking through the night creating that special feeling that is special to Night to Remember.

## **Costs and fundraising**

### **Is there a minimum sponsorship?**

There is no minimum sponsorship for Night to Remember, we do encourage participants to raise at least £50 towards the fantastic service we provide at the hospice. £50 could give a patient an hour with a physiotherapist, helping to improve muscle strength and mobility and enhance their quality of life and help pay for masks, gloves and aprons to keep patients and nurses safe. Every additional pound you can raise helps support local people and their families, and directly benefits St Barnabas House Hospice services.

### **I haven't fundraised before**

What you are doing is incredible. By going the extra mile and fundraising, you are directly supporting the lives of local people and their families. Your support will help them make the choice that is right for them, and help them and their families at a time when they need it most.

Fundraising in today's world looks very different, and it is hard for a lot of us to scrape together even a few pounds. We want you to know that we understand these difficulties, and here to lend a hand. We've got loads of new and innovative ideas to get you on your way to fundraising success. A good place to start is the fundraising hints and tips on our website [www.stbh.org.uk/nighttoremember](http://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 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](http://www.justgiving.com/stbarnabashouse)

Look for organised events and select Night to Remember 2023. Use the helpful downloadable guide on our websites [www.stbh.org.uk/nighttoremember](http://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?**

We would love you to gift aid your donation! You can ask all your sponsors to gift aid their donation by ticking the box on the sponsorship form or by donating to your JustGiving page, this will help St Barnabas House raise an extra 25p for every £1 you are sponsored. Please note we are unable to put Gift Aid towards your minimum sponsorship target. Find out more on our website. Find out more on our website [www.stbh.org.uk/donate/gift-aid-for-st-barnabas-house/](http://www.stbh.org.uk/donate/gift-aid-for-st-barnabas-house/)

## **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.

## **Can I hand in my sponsor money on the night?**

No, sorry, 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 – **N2R23 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.

## **How much is it to enter? (with a new 2023 medal)**

Tickets are £25 and £15 for anyone under 18  
We will be running 3 discounted ticket rates  
Super early bird £19, 1 December - 3 January  
Early Bird £23, 4 January – 28 February  
Full price £25, 1 March – 14 June

## **How much is it to enter? (With an old 2021 medal)**

We have some medals left over from our 2021 Night to Remember event so to help us cut our waste down and help the environment we are offering a reduced ticket price for those that are happy to receive the old style medal.

Tickets are £21 and £15 for anyone under 18

We will be running 3 discounted ticket rates:

- Super early bird £16, 1 December - 3 January
- Early Bird £19, 4 January – 28 February
- Full price £23, 1 March – 14 June

## **What's included in my registration fee?**

- Event fundraising pack
- Event branded t-shirt
- Medal upon completion
- Refreshments on route

- A glass of fizz and celebratory cupcake at the finish
- Full Event support – marshals on route, support walkers, medics
- Entertainment on route
- Fundraising advice and support from St Barnabas House

## **Accessibility and safety**

### **How old do I have to be?**

Entrants must be over 10 years of age on the date of the event, Saturday 24 June 2023. All children aged 10 – 17 must be accompanied by a guardian for the duration of the challenge.

### **Are the routes wheelchair accessible?**

All routes can all be accessed by wheelchair users and have step free access. However, the 20 & 25km routes may not be suitable because the terrain is uneven in some places. We will be crossing tree lined paths with roots and twigs, fields with uneven ground and the beach front with loose shingle. Please make your own judgement as to whether this would be suitable for you. If you have any further questions, please get in touch so that we can discuss this with you further.

### **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 1.5- 6.5 hours to complete, depending on which route you choose to walk. Please don't run or jog and no walker must pass our St Barnabas House lead walkers – if you do you will no longer be supported by the event. From a safety point of view we have put a time limit in and request that all walkers must be back to Worthing Leisure Centre by 2.30am.

### **Is there a time limit to complete the challenge?**

Your safety is our utmost importance so we ask that all walkers must be back to Worthing Leisure Centre by 2.30am. If you are not back, we will collect you by minibus and return you to the leisure centre. To keep you safe we ask that you sign back in with someone at the leisure centre. Anyone that does not return will receive a phone call and if we cannot get hold of you this will be passed onto the local police.

### **Can I bring pets?**

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

### **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.

## **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.

## **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.

## **Where can I find the marshals?**

There are multiple Marshals located on route wearing a St Barnabas house t-shirt and a high vis Jacket. Please approach them if you need anything.

## **Facilities and transport**

### **Will there be parking facilities on the night?**

Free parking is available at Worthing Leisure Centre and additionally at field place a 10 minute walk away. It is also free to park on the street in the surrounding area. Parking spaces are limited and on a first come first served basis, 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.

### **What's the nearest public transport?**

Durrington-on-Sea train station is a 7 minute walk away and a bus stop near the entrance of Worthing Leisure Centre.

### **Are there refreshment points?**

Yes, there will be the following refreshment stops:

- Blue Bird café car park – 20 & 25 km only
- Heene Road – All routes
- Lancing Beach Green – 25km only

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

There will be water available at the beginning of the event located in the main hall. Water and light refreshments will also be located at the refreshment stops – we suggest to fuel up before arriving or bring plenty of snacks with you.

## **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.

## **Registration information**

### **How do I enter?**

Registration opens on 1<sup>st</sup> December 2022 and closes on 14<sup>th</sup> June 2023  
Simply visit us at: [www.stbh.org.uk/nighttoremember](http://www.stbh.org.uk/nighttoremember) to secure your place  
Or contact us on: 01903 254777/events@stbh.org.uk

### **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.

### **When do I need to register by?**

Registration for Night to Remember closes on Wednesday 14 June.

### **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!

## **On the night details**

### **When will I get my T-shirt?**

T-shirts will be available for collection on the night 24 June 2023.

There are changing rooms available to change. Please wear your t-shirt with your walker number safely secured on the night, clearly visible (so if cold please wear over any jumpers or tops) with your details completed on the back.

Your t-shirt lets us know that you have registered for the walk and it's 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.

### **When will I receive my walker number and on the night information?**

Registration closes on 14 June and we will aim to get your walker numbers and information out within a week of this closing date.

### **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!

### **Can we walk in fancy dress?**

Yes, the wackier the better!

### **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 let the events team know.

### **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 & 25 km routes. They are physically demanding and you need to be 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](http://www.stbh.org.uk/nighttoremember)

### **Can I change distance once I have signed up?**

Yes, please inform the team before the big day.

### **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 happens if it is raining?**

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

### **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.

### **Is there a time limit to complete the challenge?**

Yes 6.5 hrs, we ask that all walkers return to the leisure centre by 2.30am.

### **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.

## **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 2023.

### ***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 at the refreshment stops located on the route map 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.

### **Is the event COVID-19 safe?**

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.

### **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 254 777 | [fundraising-volunteers@stbh.org.uk](mailto:fundraising-volunteers@stbh.org.uk) | [www.stbh.org.uk/nighttoremember](http://www.stbh.org.uk/nighttoremember)

### **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](mailto:events@stbh.org.uk).

### **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](mailto:events@stbh.org.uk)

[www.stbh.org.uk/nighttoremember](http://www.stbh.org.uk/nighttoremember)