



Night to Remember 2024 – Saturday 13th July 2024

Frequently Asked Questions

The 2024 Night to Remember is a family friendly fundraising walk. Starting and finishing at St. Oscar Romero Catholic School, Goring-by-Sea, walkers can choose between 2, 7.5 or 15 mile routes. Everyone is welcome to join us on Saturday 13th July to help raise vital funds for St Barnabas House hospice.

Let your light shine bright. Be a star for your local hospice.

Are the routes the same as before?

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

- **2 miles – Sunset Stroller.** An accessible two-mile family route for little legs and bouncing buggies to experience a charity challenge event for the first time. A shorter stroll from the Oscar Romero School around Goring-by-Sea via our ‘new for 2024’ sparkle surprise.
- **7.5 miles – Moonlight Marcher.** A beautiful seven-and-a-half-mile experience offering time to reflect, catch up and reconnect. A slightly longer walk heading through the residential area of Goring – By – Sea to the sea front, around the pier and back through our ‘new for 2024’ sparkle surprise.
- **15 miles – Starlight Strider.** Our flagship 15-mile Night to Remember challenge that will guide you around Worthing and beyond. Our longer stroll along Worthing and Lancing seafront via Worthing pier and back through our ‘new for 2024’ sparkle surprise.

Is there a route map?

The route map is available to download from the Night to Remember website.

What is the start time?

This year we will have one start time for all participants.

- **All routes:** Register at 7:00pm and the walk will start at 8:00pm

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. For health and safety reasons, we cannot allow participants on site whilst we are setting up.

How do I enter?

Registration is open on 13th March.

Simply visit: www.stbh.org.uk/night-to-remember to secure your place

If you need help registering, please call: 01903 254777 or email: events@stbh.org.uk

How much is it to enter?

- Tickets are £25 for participants 13 +.
- Under 13s (on day of event) take part for free
- Dogs are £5

How old do I have to be?

There is no minimum age for this event however all participants aged under 18 must be accompanied by an adult. When selecting a route, it is advised that you consider all participants and their ability to complete the distance.

Can children's places be bought separately?

No, Children's registration must be completed at the same time as purchasing an adults ticket.

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 Saturday 13 July.

Can I register on the night?

Yes, although we suggest you register prior to the night to ensure that you have all the necessary information and to relieve our registrations desk on the night.

What's included in my registration fee (13+)?

- Event fundraising information
- Event branded t-shirt
- Medal upon completion
- Refreshments on route
- A glass of fizz/ alcohol free alternative on event completion
- Full Event support – marshals on route, support walkers, medics...
- Entertainment on route
- Fundraising advice support from St Barnabas House

What's included in the registration fee for under 13s?

We have decided not to charge for under 13 year olds.

- Refreshments on route
- A glass of orange juice on event completion
- Full Event support – marshals on route, support walkers, medics...
- Entertainment on route
- Medal upon completion – if you would like to contribute towards your medal, it would be greatly appreciated, Suggested donation: £2.50

How do I know if I have got a place?

When you register and pay successfully, you will receive an automatic email from event page with a receipt and your online fundraising page.

Can I bring my dog?

Yes, new for 2024, our event is now open to dogs too! For only £5, your furry friend can join in the fun.

Is there a minimum sponsorship?

There is no minimum sponsorship for Night to Remember, however, we 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.

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 individuals and their families at a time when they need it most.

We appreciate that fundraising during a cost of living crisis can be difficult, 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/night-to-remember, here, you will also find a whole host of fundraising advice.

On completion of your registration, you will be sent an online sponsor platform. Personalise this page and spread it far and wide to kick start your fundraising journey. Don't hesitate to reach out to us if you need any support with fundraising, we can help!

Your registration fee only covers the cost of the event.

Can I gift aid my donation?

Absolutely! You can ask all your sponsors to gift aid their donation when adding to your enthuse page, this will help St Barnabas House raise an extra 25p for every £1 you are. Please note we are unable to put Gift Aid towards your minimum sponsorship target.

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. Remember your registration fee only covers the cost of the event.

Can I hand in my sponsor money on the night?

No, unfortunately we are unable to accept sponsorship money on the night of the event. Please submit your fundraising via the methods below, either before or after the event:

- Via Bacs Payment Account no: 70574790 Sort code: 60-03-38 Natwest bank St Barnabas Hospices – please include – **N2R24 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 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, your team name and if you are fundraising as a group.

Will there be parking facilities on the night?

Free parking is available at St. Oscar Romero Catholic School. 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 you **car share where possible**.

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?

All routes can all be accessed by wheelchair users and have step free access. There is one section of the route that isn't paved, however there are alternative paths if needed. 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 not a race and participants are encouraged to walk at their own pace. We anticipate that all the routes 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 and request that all walkers must be back to St. Oscar Romero School by 2.30am.

Is there a time limit to complete the challenge?

Your safety is of utmost importance to us, so we ask that all walkers must be back at St. Oscar Romero School by 2.30am. If you are not back, we will collect you by minibus and return you to the venue. To keep you safe we ask that you sign back in with someone at the school to sign out at the end of the event. Anyone that does not return by this time, will receive a phone call, and if we cannot get hold of you the matter be passed onto the local police.

Lead walkers and Back walkers

For your safety there will be a lead walker for each route, please do not overtake this person as they are there to guide you. We also have allocated a back walker for each route for the duration of the event to be there for anyone that requires assistance.

Which route length should I choose?

The purpose of this walk is to have fun and raise money for a brilliant cause. Whilst we support those who are using this event as a walking challenge, we encourage you to pick the walking distance that you feel confident that you could complete in the above timeframe. Please consider all walking in your party and ensure that they are all confident on the routes selected.

Can I change distance once I have signed up?

Yes, please inform the team before the big day.

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 15-mile route. Whilst the terrain is predominantly flat and paved, due to the length, they are somewhat 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 events team:

events@stbh.org.uk.

For more information and tips for training and getting ready for your challenge, please visit our website. www.stbh.org.uk/nighttoremember

When will I get my T-shirt? (13+)

T-shirts will be available for collection on the night at the venue – 13th July 2024.

Will there be somewhere I can get changed?

There are changing rooms available to change at the venue. Please wear your t-shirt with your walker number safely secured and clearly visible on the front of your T-shirt. Please wear clothes appropriate for the weather but ensure that your walker number is on your outer garment. Your t-shirt lets us know that you have registered for the walk and it is very important that you wear your walker number to identify you to our event organisers and marshals. Additionally, it is important that you 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 I change my T-shirt size?

Please use the size guide on the website when picking your T-shirt size. If you are unsure, we suggest you size up for comfort. Whilst we will have stock for people to swap sizes, please be aware that this stock will be limited, and queues may be long.

When will I receive my walker number?

Walker numbers are to be collected on the day of event.

How will I receive information?

Periodically you will receive information via email regarding fundraising support and everything you need to know about the event. This will include all on-the-day information.

I don't have an email address.

Please contact our supporter care team who will be able to assist you with your enquiry.

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 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 us know so we can collate the funds and give you a group total.

Are there refreshment points along route?

There will be refreshment stops along the 7.5 and 15 mile route.

You may wish to bring your own refreshments. Please can we encourage you to not use single use plastic and to take any rubbish home with you.

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 (7.5 and 15-mile routes only)– we suggest you fuel up before arriving or bring plenty of snacks with you. Again, please take all rubbish home with you.

Are there toilets available?

Yes, there will be toilets available at the start, and at the finish. There are toilets available on the 7.5 mile and 15-mile routes. 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! Be sure to smile for the camera!

Is there anywhere for my family to watch and support?

Yes, your family are welcome to come along to support you.

If they will be staying for the event, why not suggest that they volunteer?

We cannot run this event without the support of our incredible volunteers. We have plenty of roles available for all experiences and abilities. Please contact 01903 254 777 | events@stbh.org.uk | www.stbh.org.uk/night-to-remember for further information.

What's the nearest public transport?

Goring-by-Sea train station is a 1 minute walk away.

There is a bus stop near the entrance of St Oscar Romero School.

Can I walk if I am visually impaired?

Yes, provided that you can walk safely yourself and without impairing the safety of other walkers or members of the general public. We suggest you wear a high visibility jacket / shirt to inform others you are visually impaired and suggest that you bring a buddy with you especially if you choose the 15 mile route. Please contact our supporter care team to complete the 'guide walker' section of the registration website to add on another participant free of charge to assist you with the walk.

Can I walk if I am deaf?

Yes, provided you can walk safely yourself and without impairing the safety of other walkers or members of the general public. We suggest you wear a high visibility jacket / shirt to inform others you are deaf and suggest you bring a buddy with you especially if taking on the 15 mile route. Please contact our supporter care team to complete the 'guide walker' section of the registration website to add on another participant free of charge to assist you with the walk.

What happens if it is raining?

We are reliant on the great British Summer! If it is raining, the walk will still continue with a smile on our face.

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. If you hurt yourself and cannot report to the nearest Marshal point, please flag down another participant who can alert a marshal on your behalf.

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 minibus 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 – they are there to help and keep you safe along the route.

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 medal.

What do I do when I get to the venue (start of event)?

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

Can I cancel my place on the challenge?

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

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 2024.

What is single use plastic?

Single use plastic or disposable plastics are used only once before they are thrown away or recycled. Example items: 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.

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 | events@stbh.org.uk

Can I speak to someone about the event?

Yes, 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.

I still have a question – what do I do?

We are sorry that your question was not answered here – please contact us via the methods below to discuss your question.

01903 254777

events@stbh.org.uk

www.stbh.org.uk/night-to-remember