

SPONSORED WALKS



Sponsored Walks are a fantastic way to get involved with CLAPA, raise vital funds, and spread the word about cleft in the UK amongst friends, family, fellow walkers, and everyone you meet along the way.

Step Up for Cleft Lip and Palate first took place as an Awareness Week challenge, but you can plan your own Step Up event at any time of the year! This handy guide will help you to get started.

PLANNING



When?

Decide on the day, date and time you would like to hold your walk.

- It's hard to plan for the British weather, but the time of year you choose can push the odds in your favour.
- Saturday or Sunday can be more popular, as more people will join you. Aim for a mid-morning or early afternoon start time.



Where?

Find a local park, landmark, or green area that might have the space you need.

- Many local parks or woodlands offer great routes. Find out more by contacting your local council's parks office or the Forestry Commission at www.forestry.gov.uk.
- You may need to check if your location allows sponsored walks and whether or not you need to get a license or pay a fee.



Route?

Choose a route that is appropriate for your participants.

Think about:

- A circular route, easy to follow/pick up cars
 - Check if the route is accessible for pushchairs or wheelchairs
 - Stick to footpaths rather than roads.
 - Who are you hoping will join you?
- For young children, up to 5 miles is best.
-For adults, flat routes up to 10 miles provides a good challenge.



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Don't forget:

Are refreshments available during or at the end of the route? You could make a picnic stop part of the Sponsored Walk!

Start and finish your route close to public toilets and adequate parking spaces, or warn participants if this isn't possible.

Tell CLAPA about your plans so we can send special 'Step Up' badges for participants and any other materials you might need.



Staying safe:

You are responsible for keeping participants safe and following the law when organising your walk. Think about:

- If you need to get permission from the local Council, landowner or the Forestry Commission for your walk, and if you need to pay for a permit.
- Completing a Risk Assessment by walking the route in advance.
- Ensuring an adult is accompanying any children at all times.
- Taking a first aid kit and/or a qualified first aider with you on the day.



Raising funds:

You can set up an online Fundraising page on [JustGiving](#) (scan the QR code) or contact us and we can send you some sponsorship forms.

You can also ask family and friends to join you and fundraise as well!

You could ask people to sponsor you per mile, or even run a sweepstake on your finishing time!

You may have thought about taking collection buckets with you on your walk, but remember that to collect money in a public place you need a licence from your local Council and there are laws about who can do this.





On the day:

- Check the weather forecast and pack accordingly! Waterproofs? Suncream? Water bottles?
- Wear your 'Step Up' badge or CLAPA T-shirt while walking so you can raise awareness. Perhaps take some CLAPA leaflets with you!
- Take lots of pictures to share with us and tag @CLAPAccommunity on social media. Make sure you get consent from anyone in the photos, especially children.
- After the walk, collect your sponsorship money, and thank your donors.
- Relax, knowing you've helped raise vital funds to support everyone in the UK affected by cleft.

Disclaimer: This is intended as a guide only and CLAPA cannot accept liability for any loss, damage or injury suffered by you or anyone else as a result of organising or taking part in your sponsored walk.



Paying in the money you've raised:

Just Giving and Fundraising Pages

Money collected through online fundraising pages will come straight to CLAPA. If you have any additional funds to pay in, you can simply 'donate' this to your fundraising page!

Online:

You can bank any money raised into your own account, then pay the lump sum via our website at CLAPA.com/donate. Make sure to tell us how you raised the money on the donation form.

By post:

You can send any cheques payable to 'CLAPA' directly to 'Freepost CLAPA' with a note stating your name and your fundraising event.



You can contact fundraising@clapa.com if you need help with planning, posters, or any additional materials.