

Walk the Talk – Participants Guidelines

Thank you for taking part in our walk and also for raising funds for Heart to Heart Scotland's work in Bucharest, Romania.

- Our main aim at H2H is ;
- To help alleviate the suffering of many abandoned and orphaned children in Romania and offer physical and spiritual input into their lives
- To raise awareness of the needs of the children - to do this we attend speaking engagements to large and small groups
- To take teams of volunteers out to Romania on short term ministry trips
- To constantly be assessing and prioritising the needs of the children and raising funds to meet those needs

Today, what you raise will help some of the following projects:

Paying large heating bills in the Boy's Transition House – it reaches minus 20 in winter!
Sending orphans to summer camp in the mountains next year
Help send young men to train for a trade
Help supply nappies for the babies abandoned in hospital

Gift Aid

You can make your fundraising more effective by ticking or writing YES in the box on the Sponsor Form for Gift Aid. This is for UK tax-payers and would enable us to claim 28% of the value of your donation from HM Revenue and Customs. Please be sure that anyone who ticks this box give their full name and complete home address and post code.

Please see overleaf for guidelines and important information about The Walk.

You **must** let H2H know which section you are doing by the 15th August– please email us on heart2heartscotland@yahoo.co.uk with your name/and or your group details.

Now.....turn over this page for the main information on the day and before you go!

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On behalf of Registered Scottish Charity SC 036071



Walk the Talk – Information before you set off

Get ready....

1. Once you have decided which route you/ your group are going to do, write either S7 or S8 on the top of your Sponsor Form in the box provided.
2. You must bring your Sponsor Form **plus a photocopy** of it with you on the day as your registration will be taken from that.
3. Please wear appropriate footwear and clothing – come with a change of clothing/sun lotion etc ..it IS the West of Scotland after all!
4. Bring water to drink and your own eatables etc in a small back pack – also a mobile phone is essential for contact in the event of an emergency.
5. Try and travel with others to reduce cars – you will need to arrange for transport back from Troon to your start point..unless you wish to walk back.

Steady...

6. Please aim to arrive at your chosen start venue by 1030hrs. On arrival, please report to the registration area – a steward will help you find it. You will be given a sticker with an emergency contact number on it and your original form will be stamped before you set off. The registrar will keep your photocopy.

Irvine- meet in the Magnum Centre Ayr: meet at Ayr Tourist Office Everyone finishes at Troon at the halls at Seagate Evangelical Church, West Portland Street, Troon

8. Once most folk have arrived, there will be a few final words before the hooter sounds and the walk is on!

Go!...

9. Children under 14 years of age MUST be supervised at all times – the walks are open to the public so other people will be out and about.
10. Please stick to the route shown – there will be stewards at 1 mile intervals – as this is a walk, no bicycles or scooters etc will be allowed.
11. No dogs – sorry. There are no dogs allowed on the beaches sections
12. Entrants take part entirely at their own risk and H2H Scotland cannot be held responsible for accidents, injuries, loss of property which may occur during the course of this event.

Done!!...

13. Well done! On completion, please report to the Finishers' Area at Seagate Church Halls and you will get your Sponsor Form stamped. You will need it to take home as proof you have done the walk and also for returning to H2H Scotland with your collected donations at a later date so that we can claim Gift Aid. Also please enjoy a little refreshment and goodies courtesy of H2H Scotland.
14. If you walked as part of a group, your Group Organiser will contact you regarding collecting in the money by a chosen date.
15. If you are a Group Organiser or walked on your own, please send one cheque payable to: Heart to Heart Scotland and send to:

Mrs S Anderson – 30 Rouken Glen Rd – Giffnock – Glasgow G467JL by 21st September 2009

Any further queries about the event, please contact Lesley on 0131 331 5256 OR email

Heart2HeartScotland@yahoo.org with the title "Walk the Talk".