

Walk to d'feet

Walk to d'feet is our signature national fundraising event and a fantastic 'year-round' opportunity to raise awareness and funds through sponsored walks. It's a family friendly event that many of your members can support.

Your branch or group walk can be held at any time of the year, any location and for however long or short a distance as you wish. You might like to consider theming your walk to coincide with a special occasion such as your branch or group anniversary or during MND Awareness month in June.

We'll provide you with all the tools you'll need to help make your walk a success including t-shirts, sponsorship forms and certificates for your walkers, along with plenty of fundraising advice.

Please note, you will also need to complete a Walk to d'feet risk assessment form prior to your walk which needs to be sent back to Francis Crick House as soon as possible. This will enable us to determine whether your walk will be covered under our Public Liability Insurance against third party damage.

Hints and tips from the Oxfordshire Branch:

Our annual branch Walk to d'feet in Blenheim Park has become more successful each year. We had 113 participants last year not including dogs and raised almost £11,000.

- Find a suitable venue and surfaces for wheelchairs and buggies (for adults and children). Stately home estates are a big draw – they are often sympathetic to charity events. Use their café and facilities for lunch or tea before or after
- Ensure that a thorough risk assessment of the whole venue is undertaken, and any identified risk is minimised as far as is practicable
- Offer short and longer routes if possible
- Encourage families to come to remember a loved one or support a living one. Many friendships are made along the way
- Sponsorship encouraged but to ensure a loyal following, charge for registration - £10 is reasonable children under 14 free
- Ensure appointed leaders and marshals have each other's updated mobile numbers
- Arrange for a spare wheelchair for tired walkers
- If lucky enough, find a responsible organiser or two who will be the contact, accept registrations and lead the Walk. Publicity and forms best done by the branch committee. It gets easier each year once things are in place.

For more details on organising a walk, please follow the link:

<https://www.mndassociation.org/get-involved/fundraising/doyourownthing/walk-to-dfeet/>