



Sign up.

Saturday 24th March - Saturday 31st March

Why should you walk?

Join me by stepping out and taking part in the Hospice Walk 2012 and you will be directly helping someone living in the shadow of a terminal illness to benefit from local hospice care.

We cannot care without your support, so please make a difference by walking for hospice, or send us a donation if you are unable to take part.

Thank you.

Michelle Burns,
Hospice Deputy Ward Manager

YOU CAN HELP US CARE BY REGISTERING TODAY!

Post Complete the attached form
On line hospicewalk.com
Telephone 028 9077 7123

How your support can make a difference

Every pound you raise will help us to care for those who need our support.

- **£150** could pay for a Hospice nurse to stay overnight in a patient's home, allowing exhausted relatives to get a night's sleep.
- **£100** will pay for a complementary therapy session for a patient to help alleviate pain and reduce stress and anxiety.
- Just **£80** will provide support and counselling for a bereaved relative.
- Every **£30** will pay for an hour of specialist nursing care for a patient being cared for at home.

If you are walking as part of a group, could your group raise **£1,380** needed to buy a syringe driver to help manage pain for a terminally ill patient.

Event Target
£180k



Sign up today!

To Register:
POST Complete the attached form
ONLINE hospicewalk.com
TELEPHONE 028 9077 7123

(Please print in block capitals)

First Name: _____ Surname: _____

Address: _____

Postcode: _____

Mobile No: _____ Tel No: _____

Email: _____

My chosen walk is: _____

To register for the **Mournes Trek only** (registration fee £30) please tick here ☐
T-shirt included. Please indicate the size required below.*

Are you walking as part of a group? YES ☐ NO ☐

If yes what is the name of your group? _____

How many sponsorship forms would you like us to send you? _____

Do you wish to purchase a hospice t-shirt? Cost £5 each. YES ☐ NO ☐

*Please tick size required S ☐ M ☐ L ☐ XL ☐

To pay for your Hospice T-shirt or registration fee for the Mournes Trek please complete the coupon below.
Can't take part in the walk but still want to support us? Then why not make a donation to Northern Ireland Hospice? Simply fill in your details above and payment details below. Alternatively make a donation via hospicewalk.com or call 028 9077 7123. Thank you.

Donation Amount: £ _____

I prefer to donate by Credit Card ☐ Debit Card ☐ Cheque (made payable to NI Hospice) ☐

Card Number

Security Number (The last three digits on the reverse of your card).

Start Date: ____/____/____ Expiry Date: ____/____/____

Today's date: _____ Signature: _____

If you are a UK taxpayer you can increase your donation by 25% just by ticking the box below.

☐ I am a UK taxpayer and wish NI Hospice to claim back the tax on all my allowable donations for previous years.
(You will need to have paid equal tax to the 25% NI Hospice will claim)

Please return your completed form to:
Freepost RLZU-HLHZ-ABGK
Northern Ireland Hospice, 2012 Hospice Walk
18 O'Neill Road, Newtownabbey, BT36 6WB



Walk venues 2012



Don't forget!

All walks start at 10am except the Mourne Trek which starts at 8.30am sharp.

For directions to the start of your chosen walk you might like to visit <http://maps.google.com> and enter the relevant postcode.

For any additional details on the 2012 Hospice Walk you can visit our website on www.hospicewalk.com or speak to a member of staff on 028 9077 7123.

Saturday 24th March

Walks start at 10.00am

1/ LAGAN TOW PATH (8 & 3 miles)

Starting Point (8 mile walk): Lagan Valley Civic Centre, Lisburn BT27 4RL

Starting Point (3 mile walk): Cutters Wharf, Lockview Road, Stranmillis BT9 5FT

Finishing Point (both walks): Belfast Activity Centre, Barnett's Park, Belfast BT9 5PB

2/ CARRICKFERGUS (7 miles)

Starting Point: Carrickfergus Castle, Carrickfergus BT38 7BG

Finishing Point: Close to Carrickfergus Castle

3/ NORTH DOWN (5 & 8 miles)

Starting Point (both walks): Queen's Hall Leisure Centre, Sullivan Place, Holywood BT18 9HL

Finishing Point (5 mile walk): Crawfordsburn Country Park BT19 1JT

Finishing Point (8 mile walk): Amphitheatre Bangor

Sunday 25th March

Walk starts at 10.00am

4/ CASTLE COOLE (1.5 & 3 miles)

Start & Finishing Point (both walks): Castle Coole National Trust Car Park, Enniskillen BT74 6JY

Saturday 31st March

Walks start at 10.00am

5/ ANTRIM (5 miles)

Start & Finishing Point: Clotworthy House, Antrim Castle Gardens BT41 4LH

6/ BELFAST CASTLE (3 miles)

Start & Finishing Point: Car Park via Downview Park West, Belfast BT15 5GR

7/ CASTLE WARD (5 miles)

Start & Finishing Point: Castle Ward National Trust Stable Yard, Strangford BT30 7LS

8/ COLIN GLEN (6 & 3 miles)

Start & Finishing Point: Colin Glen Forest Park Car Park, Stewartstown Road, Belfast BT17 0HW

9/ LARNE (5 & 9 miles)

Start & Finishing Point: Larne Leisure Centre, Tower Road, Larne BT40 1AB

10/ PORTSTEWART (3 miles)

Start & Finishing Point: Portstewart Strand Beach, Strand Road, Portstewart BT55 7PG

Saturday 19th May

Walk starts at 8.30am promptly

11/ MOURNE MOUNTAINS TREK (8 & 6 miles)

Start & Finishing Point: Donard Car Park, Newcastle

Route A (8 mile trek)

Total ascent 1,150 metres, estimated walking time 7-8 hours

Route B (6 mile trek)

Total ascent 850 metres, estimated walking time 6 hours

Important Information on Mourne Trek only:

Registration Fee: £30 (non-refundable and includes a t-shirt)
Minimum Sponsorship to raise: £100
Closing Date for registrations: Friday 4th May 2012
Age: Must be over 16 years
Spaces: Limited to a maximum number of 100

Wear your hospice t-shirt with pride!

They cost just £5 and come in Small, Medium, Large & Extra Large sizes. Call 028 9077 7123 to order yours today!



Make it easier for yourself and re-connect with your friends online!

The purpose of the 2012 Hospice Walk is to raise as much money as possible for patient care, so start collecting your sponsorship money now!

Instead of using the traditional sponsorship form you can set up your own fundraising web page through justgiving.com and collect sponsorship online. It's easy to do and we can help you! It's great for people you don't see very often!

Look out for all the latest walk info on our Facebook page or follow us on Twitter.

facebook

twitter



Northern Ireland Hospice

Northern Ireland Hospice
Head Office
18 O'Neill Road
Newtownabbey BT36 6WB

hospicewalk.com
028 9077 7123

Charity No: XN45696

KILWAUGHTER CHEMICAL
COMPANY LIMITED

CREIGHTONS

Liberty Insurance

CHARLES HURST

NISSAN

Northern Ireland Hospice

Walk for us

2012 Hospice Walk



SUPPORT YOUR LOCAL HOSPICE

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