

The Rebecca Harris Memorial walk 2018 Sunday 20th May 2018



THANK YOU for your interest in joining the Rebecca Harris Memorial Walk this year.

This will be our second walk in memory of Becca, who we lost in 2014, and in whose memory we raised nearly £10,000 for good causes at the first Memorial Walk in 2015.

This year we are asking walkers to generate sponsorship again to support local causes close to the hearts of Bec's family and to Bec herself. Half the funds raised will go to The Fortuneswell Cancer Trust and the other half will be split equally between eight Bridport primary schools who will be asked to spend the money received to support arts or outdoor learning activities.

(The schools are Bridport Primary, Burton Bradstock, Loders, Powerstock, St Catherines, St Marys, Salway Ash and Symondsbury)

How to get involved

If you plan to do the walk, please make sure you email us at rhmw@aol.co.uk to tell us how many of you will be coming. This helps us plan the logistics for the day.

You can also get involved by volunteering to help if you don't want to do the walk itself – drop us a line and we can talk about the different things that we need help with.

You can also sponsor walkers at www.justgiving.com/rhmwalk and help us generate more funds by buying raffle tickets.

Don't forget to wear **PURPLE** on the day as this was Bec's favourite colour.

A limited number of purple t-shirts, branded with the RHM Walk logo will be on sale shortly – info will be emailed and posted on Facebook.

The walk

The walk is open to anyone – all ages, plus dogs! The walk is suitable for children, but we advise you to think about what is right for your family and choose the shorter distance for little ones or children that are less used to long coast walks.

The full walk from Charmouth to Symondsbury, via Seatown, is 7.4 miles
The shorter second half of the walk from Seatown to Symondsbury is 2.8 miles

Start: CHARMOUTH

Registration 11am..... Walk starts 11.30am

Meeting on the other side of the bridge from the car park. We will be heading eastwards up the cliff and on the coast path.

The route follows the coast path up over Stonebarrow, then either up or around Golden Cap (depending on your preference and the strength of your legs!) and then down into Seatown.

Mid-point: SEATOWN

Gathering in the Golden Cap holiday park picnic area, opposite the campsite shop (with thanks to West Dorset Leisure Holidays for their generous support).

We expect walkers to be arriving here from 1pm. Parking will be free for walkers and their supporters in the main beach car park.

Water and refreshments available but please bring your own packed lunch. You can also visit The Anchor Inn.

Shorter Walk Registration: 1.30pm

Photo-call 1.45pm: A mass photo call for publicity purposes.

Second half of the walk starts: 2pm

Walking up from Seatown to Chideock where we will have stewards helping walkers to cross the road safely. The main road is very busy so ensure that dogs are on leads and children are walking safely, not running.

The final stage of the walk is over the fields towards Colmers Hill and then down into Symondsbury. Please take care crossing fields containing livestock and keep dogs under control.

End of Walk: SYMONDSBURY – from 3pm

(Parking is available in Symondsbury Estate Manor Yard – please keep the village free of congestion)

The walk ends at Symondsbury School in the school field, where a range of refreshments will be on offer, including a barbecue, tea, cakes and ice-creams. The Spice and Rice Curry Van will also be with us and will be donating a percentage of takings.

Please keep dogs on leads and in designated areas whilst on the school grounds and clean up after them – thank you.

The Ilchester Arms pub will also be open and will be happy to allow walkers to purchase drinks and bring them out onto the school field, again offering a percentage of takings to the Walk fund.

RAFFLE will be drawn at around 4pm. Grand raffle prize is £100 cash kindly donated by Kitson & Trotman. Make sure you buy your tickets! There will also be a charity auction.

Fundraising and sponsorship

The aim of the walk is ultimately to raise money in Bec's memory. Please try to raise as much sponsorship as you can from your friends and family. You can do this in two ways:

1. Your supporters can donate **online** at www.justgiving.com/rhmwalk Why not send an email out to everyone you know or post the link to the sponsorship page on Facebook?
2. Your supporters can pledge support on a **sponsorship form** (attached to this information)

Remember to ask people to tick the Gift Aid box if they are a UK taxpayer as this allows the Fortuneswell Cancer Trust to get a further 20p in every £1 donated at no extra cost to the donor.

Cheques can be made payable to The Fortuneswell Cancer Trust.

Cash and cheques can be given to us on the walk day at the Start, Mid and End points. Cash and cheques can also be dropped off in the fortnight after the walk at Bridport Post Office, West Street. Please pay your cash in at Till 1. Many thanks to Sylvia and her team for this service.

The individual or family that raise the most sponsorship will win a meal at The Olive Tree restaurant!

Please remember the following important information about the walk:

- Children must be accompanied by an adult at all times.
- This is not a guided walk – walkers are responsible for negotiating the route themselves. However, there will be purple ribbons to show the way and a simple map is attached to this information.
- Walkers participate in the walk at their own risk. Please take common sense safety precautions, stay away from the edge of the cliff, take care over stiles and uneven ground and carry a mobile phone with you.
- The walk will go ahead regardless of the weather so please bring appropriate clothing and footwear – remember sun hats/suncream especially for children if it warm. And windbreaker jackets if the weather is less kind – some of the walk will be quite exposed to the elements!
- Remember to wear purple in some way!
- The walk is mainly across country so we strongly recommend walking boots for walkers of all ages.
- Water will be available at the start, middle and end points but we would suggest you also bring your own supplies for drinking during the walk, especially if the weather is hot.
- The lunch stop point is at Seatown half way point of walk. There will be water available here but please bring a packed lunch and snacks. We will have volunteers with cakes and sweets too, but please don't rely on these alone!
- Dogs are welcome on the walk but please note that they MUST be kept on a lead at the end point at Symondsbury Primary School and owners are responsible for clearing up after their dog.

Contact details:

Email us at rhmwalk@aol.co.uk

Follow us on Facebook: <https://www.facebook.com/RHMWalk/>

Donate at: www.justgiving.com/rhmwalk

**THANK YOU for your support
and THANK YOU to all the businesses and individuals
who have already pledged financial assistance or
practical help.**





START
Charmouth

Registration **11am**
 Walk Starts **11.30am**

Meet on the other side of the
 bridge from the car park.

Rebecca Harris Memorial Walk

Route = Dark blue line

END
Symondsburry
 Refreshments, raffle and
 celebration in School Field
 From 3pm.

Mid-Point
Seatown

Gather in picnic area opposite
 campsite shop.
 Photo-call **1.45pm**
 Second half of walk begins **2pm**