

YOUR ESSENTIAL GUIDE

THAMES PATH WELLNESS WALK

3 May 2020

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

READY? LET'S WALK

Thanks so much for being part of our Thames Path Wellness Walk, and welcome to your health and wellbeing spring boost. It's so important to have you on the team and raising money for our fight for a world where diabetes can do no harm.

To get set for your 10 mile challenge, we've included all the

information you need about the day itself, your fundraising, and embracing the wellness in your Wellness Walk.

If you are new to exercise, or have any medical conditions which could be adversely affected by it, please check in with your doctor before starting training.

The Thames Path Wellness Walk starts and ends in Syon Park, West London. Head for the Walled Garden and look for the sea of blue t-shirts, your fellow Wellness Walkers.

The address is:

**Syon Park,
Brent Lea,
Brentford,
TW8 8JF**



THE DIFFERENCE YOU'LL MAKE

Wellness Walks are about making a difference. For your own health, and for everyone living with diabetes.

Living with diabetes is tough. It can be frustrating and complicated. It can be lonely. Together we can make sure it doesn't have to be.

Your fundraising will keep our helpline counsellors answering the phone, getting people through the difficult days and supporting them to overcome the challenges diabetes brings.

It will pay for our local support groups, changing lives one cup of tea at a time. You'll keep our campaigns fighting for better care and a healthier world.

Diabetes can also be scary. Part of that is down to the complications – like sight loss, amputations and stroke – so many people with diabetes face.

We're working on new treatments to prevent these complications. Your support makes this research possible. Thank you for walking with us.



WHAT YOU NEED TO KNOW

How do I get there?

There's lots of ways to get to Syon House, but make sure you check your route beforehand and leave plenty of time.

Please note: We want to make sure our events are as environmentally friendly as possible. So we encourage you to use public transport if you can. We'll have some limited parking available near the park for those that need it, but please contact us for more information at thamespath@diabetes.org.uk before 3 May.

By public transport

National Rail, London Overground and Underground, as well as buses will get you to Syon Park.

From Waterloo, get the train towards Kew Bridge and hop on bus number 237 or 267 to Brentlea Gate stop. Alternatively, Brentford or Syon Lane stations are both around a one mile walk from Syon House.

For the Overground or if you're taking the District line, head to Gunnersbury and then get the 237 or 267 to Brentlea Gate bus stop.

On the Central line, you'll need to get off at Ealing Broadway, then the E2 bus to Brentford Holiday Inn or E8 to Brentlea Gate stop.

Or you can get the Picadilly line to Boston Manor and get the same E8 bus to Brentlea Gate stop.

By road

Set your sat nav to TW7 6AZ. The vehicle entrance is Park Road, Isleworth where you'll find parking if you've booked a space. Send us an email if you have any other questions.

Where will we be walking?

The Walk is a loop from the Walled Garden at Syon Park, heading south west towards Twickenham. The walk takes us past nature reserves and wetlands teeming with life, through royal parks and along a gentler side of the great river Thames. We'll see grand palaces, historic buildings and famous bridges, finishing back at Syon Park for a well-deserved rest.

The route is on a well-constructed path. You're walking 10 miles, and the weather could be cool or changeable, so leave the Crocs and flip flops at home. You'll need a good pair of comfortable flat boots or shoes, with cotton socks.

What do I need to bring?

A positive attitude, your best mate, the dog and your motivational playlist are all optional but there's a few items to make sure you have a good day.

We'll be walking 10 miles, so we'll be spending a few hours in the Great British weather. Make sure you wear comfortable clothes and shoes, and check the forecast in advance. May can be blistering hot – shorts, a hat and sunscreen – or wet and chilly –



a couple of extra layers, gloves, broly and a waterproof jacket.

We've got lots of drinking water, but please bring a bottle with you. And pack a couple of snacks like a banana or some nuts to keep you going.

Please remember to bring your race number and your Wellness Walk t-shirt. Don't forget your laces and sew-on badge. And leave room to don your exclusive finisher's medal for when you get back to Syon Park.

Can kids come?

Under 18s get to walk for free and this could be the perfect introduction to healthy exercise for body and mind. It might be a little far for little legs, so older kids will enjoy it more. If you've got additional under 18s joining you after you've signed up, that's perfect.

Just let us know by emailing us at thamespath@diabetes.org.uk so we can send you an additional t-shirt.

What will I learn about wellness?

On the day you'll get the chance to listen to talks on wellness, what it means, and how you can

make small changes to eat, exercise and live more healthily. There will be plenty of tips and advice to make sure you can keep going and get the most from your wellness journey.

What you'll get on the day

- Water for the journey – but please bring your own bottle.
- A detailed route map of where we're going.
- All the support you need to get round.
- A fantastic finishers' medal.
- Expert talks, tips and advice on wellbeing and living a healthier life.

What time do I need to get there?

The event starts at 9am, and the first wave of walkers sets off at 9.30am. Your start time is in your welcome letter, so arrive in plenty of time to get ready to walk.

Can't find it? Just email thamespath@diabetes.org.uk and we can confirm it for you.

I chose the wrong start time, can I change it?

Of course. Please email thamespath@diabetes.org.uk with what you want to change it to. We have a maximum number of people we can have at each time, so to make sure we can

What your support makes possible

- **£30** could help someone identify life changing complications sooner.
- **£60** could help find new treatments for diabetic foot ulcers.
- **£100** could help reduce the 175 amputations that take place each week as a result of diabetes.

help, please get in touch as soon as possible.

Can I change my t-shirt size?

Sure. Please email us at thamespath@diabetes.org.uk with your preferred size and we'll post it straight out to you.

Is there a minimum sponsorship?

Every penny you raise helps us support more people in more ways. There's no minimum fundraising target for this event, but the more money you raise, the more impact we make. Could you raise £15 per mile, which would bring in £150 in total?

How do I send in sponsorship?

The easiest way to collect sponsorship is to set up a JustGiving online fundraising page at www.justgiving.com/diabetesuk The money raised on your page

will come straight to us, so you don't have to worry about getting it to us and can concentrate on raising even more money.

For any cash donations you collect with the sponsorship form included in your welcome pack, you can get it to us by:

Cheque

Please make your cheque payable to Diabetes UK. Send it with your sponsor forms, or a covering letter with your name and address on, to: Thames Path Wellness Walk, Diabetes UK, 126 Back Church Lane, London E1 1FH.

Credit/Debit Card

Our Supporter Care team are waiting to take your donation. You can call them on 0345 123 2399 Monday to Friday between 9am and 6pm. Make sure you say you're making a donation towards your Thames Path Wellness Walk sponsorship.



**THANK YOU
FOR WALKING WITH US.**

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). A company limited by guarantee registered in England and Wales with no. 00339181 and registered office at Wells Lawrence House, 126 Back Church Lane London E1 1FH. 1887BA



Registered with
**FUNDRAISING
REGULATOR**