

WALK FOR ICHTHYOSIS 2019 FREQUENTLY ASKED QUESTIONS

1. **How much is the entry fee?** Minimum payment of £15 via our Virgin Money Giving page.
2. **Where should I pay my entry fee and sponsorship monies?** Where possible, all sponsorship monies should be paid in via a donation page using <http://uk.virginmoneygiving.com>.
3. **Can you help me with any advice on raising as much money as possible?** We have a new fundraising pack full of lots of fab fundraising hints and tips. Here is a link <http://www.ichthyosis.org.uk/fundraising-pack/>. Our contact details are on page 2 for any queries that you may have.
4. **What will my fundraising go towards?**

The ISG provides:

- Information and advice about living with ichthyosis
 - Regular contact to keep you up to date
 - Advice from our Medical Advisory Board
 - Links to a Support Team
 - 24-hour helpline
 - Website
 - Access to our annual event – bringing families together to share experiences and to learn about living with ichthyosis
 - Summer camps for children
5. **If I don't want to take part in the event can I volunteer to help instead?** Of course, we will need volunteers to help. Please get in touch to arrange how you can best support the team on the day! Contact details are at the end.
 6. **Are there any age restrictions?** The walk is open to all ages but we ask that any walker under the age of 16 is accompanied by an adult (over 18).
 7. **Can I form a team for the walk?** Absolutely! Take part with your family, friends, neighbours, colleagues: whoever wishes to join us in this fundraising event and be involved with supporting a cause that is close to the hearts of so many people are welcome!
 8. **How far is the walk?** The full route crosses 21 bridges in London and is over 22 miles long. This year the route starts at Richmond Rugby Club and follows the Thames east all the way to Tower Bridge.
 9. **Do I need to train?** It is always preferable to be prepared for such an event but we suggest you only complete the whole walk if you're fit enough to do so. There are a number of railway stations along the walk where you can stop and catch a train back to the start if you've had enough.

10. **Do I need any special equipment?** No, but we recommend you bring at least the following:

- Comfortable supportive footwear
- Practical clothing
- Sunscreen
- A hat
- High energy snacks
- Fluids

11. **How long is the walk expected to take?** That's up to you. Some people may complete the course in 7 hours but it's important that you pick a pace that suits you or the slowest member of your team.

12. **When and where does the walk start?** Depending on numbers, there may be a staggered start – we will let you know nearer the time. We will meet outside the Richmond Rugby Club at 8:30am. All walkers need to have arrived by 8:45am at the latest to sign in and be ready for the Health and Safety briefing. The first walkers will set off at 9am.

13. **Where will the walk end?** The finishing point for all routes is the Bridge House Bar on Tower Bridge Road

14. **Can I bring my dog?** Yes, but dogs must be kept on a lead at all times. Owners are responsible for keeping their dogs under control and clearing up their waste!

15. **Will there be any Stops and Refreshments along the route?** Please refer to the Walk for Ichthyosis Guide for further information.

Contact details for the Ichthyosis Support Group are:

Tel: 0845 602 9202

Email: isg@ichthyosis.org.uk

Post: Ichthyosis Support Group

PO Box 1242, Yateley GU47 7FL

Website: www.ichthyosis.org.uk