



Walk for Dyslexia

Get a group of friends, colleagues and family together to raise funds and awareness while taking part in something fun, healthy and worthwhile. Your walk could be short or long, easy or challenging and for a small or large group – maybe with a four legged friend or two!

Here are a few ideas to get you started.....

- Decide on a date and location and let your colleagues, family and friends know. Decide on a route and check it is a public right of way or seek permission from the landowner.
- Ask for a donation for taking part or individuals could seek sponsorship.
- Let us know your plans and we can send you leaflets and promotional materials to share with your friends.
- On the day make sure everyone – including the dogs – have plenty of water and snacks. You may even want to stop at a café or pub on the way!
- Take lots of photos and share on social media.
- Tot up your total and pay in your funds – put your feet up and enjoy a well-earned rest!

If you need more help call us on 01252 792400 or email fundraising@helenarkell.org.uk

Thank you for helping us to help more people with dyslexia.

Keeping it safe and legal

Make sure you have permission from the landowner or are on a public right of way.

Adhere to the countryside code – visit naturalengland.org.uk to find out more.

Lone walkers should always let others know where and when they are walking.

Consider any hazards on the route, such as terrain or traffic, and make sure everyone taking part is aware.

Advise those taking part if they need sturdy footwear, appropriate clothing, sun cream and sunhats.

Raffles held on the day of your event don't need a licence – but for anything bigger you may need to apply for a licence.

Big events may need permission from the venue or local council.

Keep cash safe and have two people present when you are counting it.

Plan in advance and enjoy your event. If you have any questions call us on 01252 792400

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Helen Arkell Dyslexia Centre Registered Charity No 1064646

