

The Gaza Winter Challenge Information Pack

Saturday 22nd January 2011, Hyde Park



muslimhands.org/winterwalk
0115 911 7222

Information Pack for Gaza Winter Challenge for runners* and walkers

Over 250 people from across the country have taken part in the Gaza Winter Challenges and have raised over £50,000 for the children of Gaza. This year we're asking you to continue to support Gaza's war-affected children by taking part in our sponsored winter fun-run or walk. It's a fun day for all the family in London's largest central park and the 5 mile route has been specially planned to make it achievable by everyone.

If you're feeling a little more adventurous then why not start earlier and join our team of runners? It's strictly a fun-run but 5 miles in the cold weather will still be a challenge. Be sure to tell us when registering.

The 3rd Winter Walk will take place in the beautiful and historic **Hyde Park** and **Kensington Gardens** in Central London. Kensington Gardens covers 275 acres and boasts magnificent trees and ornamental flower beds, and, as the setting for Kensington Palace, has also hosted numerous memorials and monuments from as far back as the Victorian age.

Getting There

The walk will begin at the Bandstand nearest gate Queen Elizabeth Gate. Muslim Hands staff will be ready to greet you at the bandstand.

Tube: The nearest tube station to Hyde Park is Hyde Park Corner.

Bus: Routes 9, 10, 52, all stop near Queen Elizabeth Gate.



If you are travelling from outside of London, please ensure that you have made the necessary travel arrangements to and from Hyde Park.

Eligibility to Participate

Everyone is welcome to take part, however please note the following;

- We do ask that you aim to raise a minimum of £100 sponsorship.
- You should submit all sponsorship raised by **Monday 31st January 2011**.
- Children under 16 must be accompanied by an adult.

Q: Where will the money go?

A: Towards providing support, both medical and psycho-social rehabilitation to traumatized children in Gaza

It is estimated that in Gaza, 85% of the population live under the poverty line.

Living in poverty means that when disaster strikes, it is even harder to return to normal - whether it is undertaking the cost of rebuilding your home, paying for education or rebuilding the infrastructure at a community level.

For children in particular, the trauma of war affects them in ways we cannot easily see. Childhood has been taken away from them with the loss of loved ones, disruption to schooling and the lack of the simple pleasures of childhood that we take for granted.

As part of a specialised Childhood and Maternity Centre, **Muslim Hands will be providing psycho-social support to treat 2500 children suffering from trauma and anxiety.** Children will be provided therapy as well as activities that may seem normal to us, but are unusual in war-torn Gaza, including trips to local attractions, summer sports and creative workshops.



Itinerary

START:

Runners must start at 10:30am, while walkers can decide to begin their walk at any of the following three start times;

10:30 am

10:45 am

11:00 am

Walkers are advised to arrive 15minutes before their chosen time to register and to meet their fellow walkers.

It is crucial that you arrive between these times to start as we wish all participants to complete the course by 3pm (it will be getting dark and the park will close at 4pm).

MH staff and volunteers will be stationed along the way to guide you along the route. We estimate the walkers will take about 2 and half hours, and the fastest runners should be done within an hour. However, this will vary depending on the pace you take.

FINISH:

We expect all participants to finish approximately at 3pm at the very latest.

When you finish, make sure you come to the MH stall, sign off and collect your Winter Walk for Gaza certificate and hot snack!



Every Winter Walk participant receives a certificate!

Please note that Muslim Hands may change the itinerary if considered necessary. Registered participants will be notified of any changes.

Important Information for the day

WEATHER

Please dress up very warm as temperatures are likely to be low and the day will be spent out in the open. Please ensure that you have waterproof clothing and / or a sturdy umbrella in the case of rainfall.

The challenge will go ahead whatever the weather Insha'Allah and only in the case of exceptionally torrential wind and rain will it be postponed.

Some areas of footpath may be wet or slippery so you must wear appropriate footwear with good grip - no high heels, stilettos or sandals please!

CHILDREN AND INFANTS

Anyone under the age of 16 should be accompanied by an adult during the walk or run. Part of the route goes near the Round Pond, which does not have railings.

Those walking with a pram or with small children must take care around the water edge as the footpath may be slippery.

FOOD & REFRESHMENTS

Participants are advised to bring some snacks, however there is a cafe along the route where you may purchase hot drinks and food.

We also aim to provide participants with some light refreshments at the end of their walk.

PRAYER AND WUDHU

There are toilet facilities near the Albert Memorial where you can perform wudhu. You may pray at the bandstand. We recommend you bring a prayer mat with you and a compass.

SAFETY

Anyone who is reasonably fit can take part - you can set your own pace. Please wrap up warm on the day.

We recommend that you bring a mobile phone with you and give the number to staff when you begin. You will also be given the number of staff members in case of any emergency.

Sponsorship and Making Donations

All participants are asked to raise a minimum of £100 to take part in their walk or run which can be donated to Muslim Hands on the day or by the deadline of Monday 31st January 2011.

If you are using a justgiving.com page, please make it clear on your page that the funds raised are for the Winter Walk for Gaza.

DONATIONS

CASH

- You can bring cash donations on the day of the event (in a sealed, labelled envelope with your name clearly marked) and give to a member of staff or
- You can drop cash donations to our offices in Nottingham or London, please call before hand to arrange.

CHEQUE OR CREDIT / DEBIT CARD

- You can bank your donations into your own account and write a cheque payable to Muslim Hands or
- You can donate by credit / debit card over the phone

BANK TRANSFER

You may transfer money direct into our Donations Account at

Natwest Bank
Sort code 60-11-33
Account Number: 22820000

Please note that we cannot issue receipts for donations made via bank transfer.

Note to schools and institutions:

If you are bringing a school group or are representing an institution, MH can provide a Certificate of Appreciation for your school of institution to acknowledge the funds raised towards Gaza. Please notify us that you are taking part via email or phone.

All winter challenge arrangements are organised by Muslim Hands London

For any further information, please feel free to contact us:

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