



BIG FUN WALK 2026

North
London
Hospice



Participant Information Booklet

Every Step Holds a Story

Thank you for registering for Big Fun Walk 2026!



Your Story Begins Here



In year
2025



OVER
£175,000
RAISED

OVER
£1,000
REGISTRATIONS

OVER
50
VOLUNTEERS

Welcome to Big Fun Walk 2026.
This book will be your guide, showing you:

- What happens next
- How to raise your sponsorship money
- How to set up an online fundraising page
- Ideas on how to boost the amount you raise

But, firstly we need to say a huge thank you!

By taking part in Big Fun Walk, you'll weave your own story through London; a journey filled with laughter, remembrance and purpose, each step echoing with stories of lives lived and love that lasts.

For over 20 years, this has been more than just a walk. It has been a way to remember, to come together and to give back. Every penny raised has enabled us to continue to help more than 3,500 people referred to us each year. Your miles make this happen.

If you need any help at all, you can find our FAQs on the Big Fun Walk webpage or speak to our friendly Fundraising Team. You can contact us on **020 8446 2288** or email **bigfunwalk@northlondonhospice.co.uk**

The Journey Ahead, What happens next?

Just as all stories unfold, here's how this one will:

- 1 Begin your fundraising quest as soon as possible. The earlier you start, the more support you'll gather
- 2 Your wristband and t-shirt (if you requested one) will arrive a few weeks before the walk. On the day, at Cherry Tree Wood, you'll collect your goodie bag and lunch.
- 3 Your wristband will act as your ticket so please do not lose this. If you have registered on or after Friday 24 April, collect your wristband and t-shirt on the day at the registration desk in Cherry Tree Wood.
- 4 Remember to check your emails! Online registrants will receive monthly updates and key event information from now until the big event day: **Sunday 10 May**.

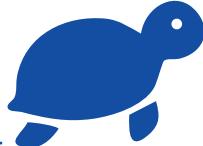


If you haven't already, rally your friends, family and colleagues to join your Big Fun Walk squad! The more the merrier – we love seeing big groups of you!

"Big Fun Walk is an incredible event connecting people from all over in a shared challenge. It's a moment of reflection for our loved ones and a chance to give back to an organisation that has supported so many people during the hardest period of their lives. We will be back every year!"

Your Challenge Awaits

How to raise your sponsorship money



Every good story has a quest, and by registering for Big Fun Walk 2026, you have accepted the challenge of raising a minimum of £40, or £25 if you have registered for Little Fun Walk. This money will ensure that North London Hospice can continue our vital care in the community.

Online via JustGiving

We encourage our participants to create a JustGiving page to collect their sponsorship money as this is the most cost-effective way for us to receive your generous donations. It's also the most efficient way of collecting Gift Aid to ensure you are maximising your fundraising efforts!

Cash and Cheques

We still accept cash donations as we know that some of you prefer to collect cash and cheques from sponsors. To ensure cash donations are received securely, we ask that they be hand delivered to our Head Office at Woodside Avenue in a sealed envelope along with your sponsorship form and contact details.

Cheques can be sent through the post with your sponsor form (including your contact details) to:
**North London Hospice, Big Fun Walk,
47 Woodside Avenue, N12 8TT.**



Card and Online Payments

Payments by credit or debit card can be made by phone on **020 8446 2288** or online at **www.northlondonhospice.co.uk**. If you make a payment online via our North London Hospice website, please indicate that it is for your Big Fun Walk sponsorship.



Your Fundraising Journey Companion, JustGiving

As part of the registration this year you'll be directed to set up a JustGiving fundraising page, to set this up, follow the steps below:



Setting up your JustGiving online fundraising page is easy.

- Follow the link: www.justgiving.com/campaign/bigfunwalk2026
- Register or login to create your page.
- When you are logged in or registered, you will be directed through the Big Fun Walk JustGiving event page and asked a few questions.
- For those of you who are completing the walk in memory of someone, there is a box you can tick and a small form to complete.
- You will then be given the option to personalise your unique JustGiving URL – this is what your potential sponsors will use to donate online.
- Select NO when asked "Are you planning to ask for donations to your JustGiving page in return for goods, services or other benefits?" and "Is your charity contributing to the cost of your fundraising?".
- Lastly, click "Create your Page" and you will be taken to your fundraising page which you can share far and wide with your friends, family and colleagues!

**OVER 230
FUNDRAISING PAGES**

**OVER 3,000
ONLINE DONATIONS**

**OVER 80%
OF ALL DONATIONS**

TOP TIP

Share your story.
You could raise up to
65% more when your
supporters know why
North London Hospice
matters to you



Before your Quest Begins, Important information for the event

The walk will begin at Cherry Tree Wood (nearest train station East Finchley Underground - Northern Line and 102,143, 234, 603, H3 and N20 Bus routes). Your goodie bag, map and free lunch can be collected on the day. Waves will be departing promptly so **please arrive at least 15 minutes ahead of your designated time slot**. There will be a five-minute warm up that will begin just before your wave departs – don't miss out!

Please note, as we are unable to cater for specialist dietary requirements, you are more than welcome to bring your own lunch if you need to. Refreshments and entertainment will be available to all participants at the finish line at Westminster between 12pm and 4pm. You will receive further information about the event and the entertainment ahead of the big day.

The theme for Big Fun Walk 2026 is Every Step

Holds a Story. Every stride you take holds a memory and we know many of you will be walking in honour of someone special. To mark this, we invite you to step into the world of storybook characters. From beloved fairy-tale heroes to timeless adventurers, let your outfit reflect the tales that inspire you. Perhaps you'll walk as Alice, Peter Pan, or Little Red Riding Hood, or simply add a whimsical accessory that speaks to your story.

It's a chance to walk with both purpose and imagination, bringing colour, joy and togetherness to a day of remembrance and hope. And of course, we'd love to see your creativity shine. Take photos along the way and share them with us using **#BigFunWalk**. Together, we'll create a storybook of memories that lasts far beyond the day itself.



Thank you!

We would like to thank our corporate sponsors, past and present, for supporting this event and enabling it to go from strength to strength. If you work for, or know of, a company that may want to get involved in any way with the Big Fun Walk, please do not hesitate to contact us on **020 8446 2288** or at bigfunwalk@northlondonhospice.co.uk.





Your Journey, The Route for 2026

Can you help?

We appreciate the support of our wonderful volunteers who give up their valuable time to help make Big Fun Walk as successful and fun as it is. However, we always need more help and are looking for volunteers to help steward at this year's event. If you know someone who would like to get involved and help out at the biggest event in our calendar please contact the **Fundraising Team** on **020 8446 2288** or email bigfunwalk@northlondonhospice.co.uk.

This spring, the official map will be revealed on our Big Fun Walk webpage. The path may change slightly, but the adventure is guaranteed.

Rest assured, if the route needs to be substantially altered, we will notify you as soon as possible.

Want an idea of what it will look like? You can find last year's route on the Big Fun Walk webpage.

Due to popular demand, we are excited to be bringing back Little Fun Walk alongside the main route this year. Again, this route will start at Cherry Tree Wood, but unlike the main route, will finish at Primrose Hill. Don't worry, we will have our wonderful volunteers ready to guide you on how to reach Westminster to join in with the post-walk celebration.

Both the main route and the Little Fun Walk route will be clearly marked on the map for your convenience.

Scan the QR code or visit northlondonhospice.org/events/big-fun-walk-2026/ for more information.



Time To Reflect, About North London Hospice

At the heart of this storybook is North London Hospice.

Over 3,500 people with a life-limiting illness are referred to North London Hospice each year. We provide support for them, their families, friends and carers.

Founded in 1984, we were the UK's first multi-faith hospice and welcome people from all faiths, including no faith, from diverse communities within the boroughs of Barnet, Enfield and Haringey. We also offer some of our services to people within Camden and Islington. We provide physical, emotional and spiritual care to patients and families, friends and carers and are committed to empowering our patients through our vision which is to provide the best of life, at the end of life, for everyone.



North London Hospice is a registered charity, and our services are provided free of charge, but it now costs over £16.3 million a year to fund our care. Whilst around a third of the amount comes from the NHS, we rely on the generosity of you, our community, through donations to make up the shortfall in funding.

Your fundraising will have a lasting impact. Every pound you raise will make a difference to the people we care for.

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£7.50 could fund home-made meals for a patient on our Inpatient Unit for one day.

£24.50 could fund an associate community nurse to deliver care to a patient in their own home for one hour.

£133 could fund four therapy sessions with an acupuncture therapist.

£170 could fund drama therapy groups at North London Hospice Enfield, benefitting six patients.

£175 could pay for nightwear for ten patients in our Inpatient Unit.

£183.75 could pay for a Registered Nurse in the Inpatient unit for a day.

£253 could fund patient psychotherapy services for one day.

£6,250 could fund the Inpatient Unit for 24 hours.

And so your story begins...

Every step counts. Every mile matters. Every pound makes a difference.





BIG FUN WALK 2026

Thank you for supporting North London Hospice by taking part in the Big Fun Walk!

Don't forget to take lots of photos and share them with us on social media.

#bigfunwalk



Like and follow us:

Facebook: /NorthLondonHospice

X/Twitter: @NLondonHospice

Instagram: @northlondonhospice



Participation in this event is at your own risk and North London Hospice cannot be held responsible for any loss, damage or injury incurred whilst participating. Photographs and/or video imagery may be taken at this event and used by North London Hospice for training, promotion, and publicity purposes. If you do not wish to be included, please email fundraising@northlondonhospice.co.uk or speak to a member of staff on the day.

