



# LIGHT UP THE NIGHT

For Woodlands Hospice



LIVE MUSIC

FACEITFUNPARTIES  
TO ADD SPARKLE TO  
YOUR EVENING



Angels&Scallies  
CHILDREN'S  
ENTERTAINMENT

FUN WARM UP  
WITH CAROLYN  
MCGUIRE



5K Sponsored Walk  
Saturday 1st March  
Crosby Lake House  
Registration from 4pm





Welcome to Light Up The Night! This walk offers a wonderful opportunity to gather with family and friends, enjoy some fun, and raise funds to support our patients and their families.

### Where and when?

The walk begins at the Lake House Crosby, heading along the coastline before taking you around the leafy streets of Crosby and Waterloo.

Registration is from 4 pm. Warm up with Jigsaw Fitness at 5.45 pm followed by the walk at 6 pm.

### Are there any age limits?

No! Adults must accompany children under 16. The walk is accessible for pushchairs and wheelchair users.

### Can I bring dogs?

Yes, but they must be on a lead at all times. With limited access inside the Lake House.

### Can I dress up?

Absolutely! We encourage you to dress up as brightly as possible! Plus there will be a prize for the best dressed. Light Up The Night t-shirts and accessories will be available to buy on the night. Please wear suitable footwear.

### Am I expected to raise money?

Fundraising is essential to keep Woodlands Hospice services running. To continue to provide our services free of charge we need to raise more than £4,000 every day and we can only do this with your help.

We are kindly asking for participants to raise as much sponsorship as possible from this event so every little counts! We can help you with your fundraising, come on team, we can do this!

Contact our fundraising team on 0151 529 2630 for any help and advice to get you started.

## What happens at the end of the walk?

The walk finishes back at the Lake House Crosby, where you will be greeted by DJ John. Plus, there will be children's entertainment from Angel & Scallies and face painting and characters from FaceltFunParties. Raffle, food and drinks are also available to purchase.



	Entry Fee*	Minimum Sponsorship
Individual (16+)	£12.00	£50.00
Children (under 16)	£6.00	£30.00
Family group (up to 2 adults and 2 children)	£30.00	£100.00

\*Entry fee covers the cost of event and includes a medal and goodie bag.

## Sign Up

- Visit our website [www.woodlandshospice.org/LightuptheNight](http://www.woodlandshospice.org/LightuptheNight)
- Fill out our form on the back of this leaflet and post it to Woodlands Hospice, AUH Campus, Longmoor Lane, Liverpool L9 7LA
- Alternatively, you can register by card by calling our fundraising team on 0151 529 2630 or in person at the hospice.

## About Woodlands Hospice

Woodlands Hospice care committed to delivering the best possible practice and development of Specialist Palliative Care for people with life-limiting illnesses.

We honour peoples' right to dignity and respect at whatever stage of their illness by improving the quality of life for patients and their families. We help them to live actively and be as independent as possible. This support often extends to patients' carers, family and close friends.

Our care is holistic, which means that as well as taking care of patients' physical needs their emotional, social and spiritual needs are also looked after.

## Registration Form

## Payment

## Data Protection