



**Morecambe Bay  
Hospitals Charity**  
*Supporting your local NHS Hospitals*

**University Hospitals**   
**of Morecambe Bay**  
NHS Trust

**Charity Registration Number: 1048685**

**Morecambe Bay Hospitals Charity**

Royal Lancaster Infirmary  
Tel: 01524 516064/5/6  
Email: [charity@mbht.nhs.uk](mailto:charity@mbht.nhs.uk)  
Website: [www.mbhcharity.org](http://www.mbhcharity.org)

## INFORMATION

Sponsored Cross Bay Walk – Sunday 9 May 2010  
Walk starts 2.30pm – Arnside to Kents Bank

### The walk

Cedric Robinson MBE, The Queen's Guide, will lead us safely across 8 miles of sands. It should take approximately 3.5 hours. There is dangerous quicksand, please stay with the group at all times.

### Liability

All participants do so at their own risk, you must safeguard all personal belongings. We can not be held responsible for any loss or damage.

### Health & Safety

Children under the age of 16 must be accompanied by a responsible adult. The walk is not suitable for prams. Cedric Robinson will have notified the coastguards of the event.

### Travel

Where possible please use public transport to get to Arnside. Parking in the village is limited and there are enforced restrictions on how long you can stay, it is easier to park in Grange over Sands. The Berners car park is halfway between Kents Bank and Grange over Sands railway station. Then take the train from Grange over Sands to Arnside. You can check train times at [www.thetrainline.com](http://www.thetrainline.com) or call 08457 48 49 50. If possible, ask family/friends to drop you off at Arnside and pick you up at Kents Bank.

### Attendance

Please confirm your attendance on the day. There will be a desk open from 1.30pm, opposite The Albion on the promenade, a few minutes walk from the railway station.

### T-shirts

T-shirts will be given out, this cost is covered within the registration fee. If you have not already received your t-shirt you can collect when confirming your attendance on the day.

### Refreshments

Please ensure you bring sufficient food and drink for the walk.

### Toilets

There are public toilets on the promenade in Arnside, there are no more until Grange over Sands.

### Morecambe Bay Hospitals Charity, Royal Lancaster Infirmary, Lancaster, LA1 4RP

Furness General Hospital Dalton Lane BARROW IN FURNESS Cumbria LA14 4LF Tel: 01229 870870	Royal Lancaster Infirmary Ashton Road LANCASTER Lancs LA1 4RP Tel: 01524 65944	Westmorland General Hospital Burton Road KENDAL Cumbria LA9 7RG Tel: 01539 732288	The Queen Victoria Hospital Thornton Road MORECAMBE Lancs LA4 5NN Tel: 01524 405700	Ulverston OP Dept Ulverston CHC ULVERSTON Cumbria LA12 7BT Tel: 01229 484045
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CHAIR: EDDIE KANE

CHIEF EXECUTIVE: TONY HALSALL

## Footwear and clothing

Choice of clothing is weather dependent and can be anything from shorts and sunglasses to waterproofs. You will need comfortable shoes, trainers or sandals, you will get wet so wellington boots, walking boots and jeans are not advised. You may wish to bring a towel and change of clothes. It is quite exposed in the middle of the bay so a hat, sun block and a bottle of water are advised.

## Dogs

Dogs are welcome but should be kept on a lead at all times.

## Sponsorship

We would like to encourage all participants to raise further money for our Charity. South Lakes Wild Animal Park have donated a family pass to be awarded to the individual who raises the most sponsorship, in the case of a draw, a winner will be picked at random. Please return sponsorship forms and money to the Charity Office by 20 June 2010.

## JustGiving

Why not create a JustGiving page, make a page and share it online with your friends. Anyone can donate with a credit/debit card from anywhere in the world.

In order to do this:

- Go to [www.justgiving.com/mbhc](http://www.justgiving.com/mbhc)
- Click – raise money, create your page, enter reason and event
- Enter your email address and set up your account or enter your password
- Choose your web address
- You have now successfully set up your page – you will get an email to confirm
- You can now personalise your page with a message and image
- Promote the link to your page, the more people you tell, the more donations you will attract

## Gift Aid

Under the Gift Aid scheme, we can reclaim an extra 28% in tax on every eligible donation by a UK tax payer. If you pay an amount of income tax or capital gains tax at least equal to the tax reclaimed by the Charity, then you can tick the Gift Aid box on the sponsorship form. This means a donation of £10.00, can be worth approximately £12.80 to our Charity, at no extra cost to you.

## Cancellation

In the unlikely event of heavy rainfall, the route may need to be reversed or cancelled at short notice. In the event of any changes we will make every effort to contact you. If for any reason you have registered and are unable to attend, it would be appreciated if you could notify us in advance.

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