

FUN WALK 2025



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#funwalk

Getting ready for Fun Walk

Thank you so much for taking part in this year's Fun Walk for St Christopher's. It's going to be a great day and we hope you have a brilliant time walking your chosen route to raise money for our hospice. This document provides you with all the information you need to prepare for the big day.

HOW TO GET TO FUN WALK

Parking is going to be **very limited** around Keston on Sunday 11 May. There are also road closures planned and waiting restrictions, so we strongly recommend you take advantage of public transport.

SHUTTLE BUSES

We are laying on free shuttle buses, driven by volunteer drivers from Stagecoach to help you get to the venue.

The buses will start at 8am and will run approximately every 20 minutes until 5.20pm, starting at Bromley South railway station BR1 1LX and picking up at the Hayes Lane/ Norman Park bus stop (W) on Hayes Lane BR2 9EJ. There will be signage at both stops, and there will be plenty of free parking at Norman Park BR2 9EF for people wanting to park and ride. The drivers will be collecting donations for us too, so bring your small and large change!

The last bus of the day from Keston to Norman Park and Bromley South Station will be at 5:20pm approximately.

For anyone going to Bromley South station, please note there is no longer an area to drop off or collect people outside the station or on the road next to the station and there are enforcement cameras in operation.

TRANSPORT FOR LONDON BUSES

There are also regular bus services:

- the 146 bus which serves Bromley North, Hayes and Bromley South
- the 246 bus which serves Bromley North, South, Hayes, Biggin Hill and Westerham.

These are Transport for London services, so would be subject to usual fares.

ROAD CLOSURES

The following road closures will be in place on Sunday 11 May, 8am-6pm:

- Commonsidge will be closed to the public for its entire length
- Fishponds Road will be closed for its entire length.

ROAD 'NO WAITING' RESTRICTIONS

The following road 'no waiting' restrictions will be in place on Sunday 11 May, 8am-6pm:

- Heathfield Road between Baston Road and Westerham Road
- Baston Road between Heathfield Road and Croydon Road
- West Common Road between Heathfield Road and Croydon Road



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- Baston Manor Road between West Common Road and Croydon Road
- Westerham Road, the west side between Fishponds and Croydon Road.

These restrictions mean no parking or waiting, including delivering, loading or unloading.

WHEN TO GET TO FUN WALK

Fun Walk starts at 8am on Sunday 11 May and we need everyone to have finished their Walk by 5pm.

Last set-off times for the Walks are:

- Green Walk (3 miles) – 3pm
- Pink Walk (5.5 miles) – 3pm
- Blue Walk (8 miles) – 12 noon
- Yellow Walk (11 miles) – 12 noon.

WHAT TO BRING TO FUN WALK

HAVE YOUR REGISTRATION READY

Make sure you and your team have their registration emails open on their phones. Anyone who hasn't registered in advance of the day will need to pay a £20 entry fee for adults and £5 for children (we take contactless cards). Once you've registered, you'll get your Fun Walk map and guide to help you navigate your chosen Walk.

WATER BOTTLES

Bring your own water bottles – refill stations will be available. We will provide dog water bowls at some MarshalPoints, but if you have a travel one, feel free to bring it and we can refill it for you at certain Marshal Points.

BAGS FOR BARGAINS

There will be lots of opportunities for retail therapy after your Walk, so it would be handy to bring a bag with you. You can also use it during your Walk to carry any litter.

WHAT TO WEAR TO FUN WALK

We suggest comfortable clothing or fancy dress – the brighter the better! If you haven't already ordered your Fun Walk t-shirt, there will be limited numbers to buy on the day.

Walking boots aren't essential but there are parts of some Walks where the terrain is uneven and you will have hills on the longer Walks! We suggest supportive and comfortable trainers with a good grip as parts of some Walks are steep and might be slippery.

A raincoat or umbrella may be advisable, so check the local weather before setting off.

DURING YOUR WALK

OBSERVE THE COUNTRYSIDE CODE

Respect other people Consider the local community and other people enjoying the outdoors, leave gates and property as you find them and follow paths unless wider access is available.

Protect the natural environment Leave no trace of your visit, take your litter home and keep dogs under effective control.

Enjoy the outdoors Plan ahead and be prepared – follow advice and local signs.

TOILETS

There are toilets available along the routes and these will be clearly marked on your map.

MEMORY TREE

Just before you get to Keston Ponds refreshment area, there is a special spot where you can remember your loved ones. Take a moment to write their name on one of our hearts and we'll help you hang it on our Memory Tree. The location will be clearly marked on the Fun Walk map – it is a beautiful place to pause. At the end of the day we will bring all hearts back



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to our hospice sites in Sydenham and Orpington. We will also have members of St Christopher's staff attending should you need to talk to someone. In addition, Keston Church will be open if you would like to light a candle.

There are lots of other beautiful stops along the way so don't forget to take a selfie and share your progress on social media using #FunWalk.

AFTER FUN WALK

MEDALS

There will be medals and certificates for everyone who completes the Fun Walk. And there'll be photo opportunities too so you can share your success on social media using #FunWalk.

SO MUCH TO SEE AND DO

Once you have finished your Walk, why not stay and make a day of it! There'll be entertainment galore on our Main Stage between 9am and 6pm. Keep your eye open for notice boards around the arena.

We'll also have raffles, tombolas and other stalls around the Main Stage and there'll be plenty to keep children occupied. Watch out for more entertainment and music along the Walks – prepare to be surprised and delighted!



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FOOD AND DRINK

We will have food stalls situated around the Main Stage to cater for every taste – hot and cold food, teas, coffee and cake – and a fully licensed bar if you're in need of a beverage after your Walk! There are also refreshments available at Keston Ponds (marked in your Fun Walk map and guide).

SENDING YOUR SPONSORSHIP



All money raised through your online fundraising page will automatically get sent to us. If you raised money separately, the easiest way to get it to us is to visit fundraising.stchristophers.org.uk/event/fun-walk-2025/donate or scan the QR code. Alternatively, send a cheque payable to *St Christopher's* to the Fundraising team at our Sydenham address below. Please pay in everything by **Friday 13 June 2025**.

YOUR SPONSORSHIP MEANS SO MUCH

The money you raise will help change the lives of our patients and their families when they need it most:

- **£60** will fund a physio session to help with breathlessness
- **£157** will cover the cost of a St Christopher's nurse for a day
- **£1,324** will buy a syringe pump to administer pain relief for a patient.

Sydenham site

51-59 Lawrie Park Road, Sydenham, London SE26 6DZ

Orpington site

Caritas House, Tregony Road, Orpington BR6 9XA

Telephone **020 8768 4500**

Email info@stchristophers.org.uk

   [stchrishospice](https://stchrishospice.org.uk)

stchristophers.org.uk

Registered charity 210667 registered with the Fundraising Regulator
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