

Safety and Permissions

Please make sure you pay attention to the health and safety of those walking with you and your organisers.

Insurance

Unfortunately, it's not possible to cover your walk under our public liability insurance. Some insurance companies offer one-off event policies for a small fee.

Collection permits

If you are walking in a public place and also plan to collect money on the day of your event, you must apply to your local Garda station for a permit and ensure each collector has a copy of the permit when collecting.

Get Permission!

If you are walking in a public park / Council owned grounds you will need to contact the OPW or local council in your area to get permission.

On the day

- Mark out your route – make sure everyone knows where they are going
- Put on your stickers and wristbands
- Get everyone together
- Capture the moment with a group photo
- Make sure to have some water on offer or tell people to bring their own bottle
- Walk While You Can!

Don't forget – we'd love to see photos and videos of your walk to share on our social media.

We ask that all walks organised adhere to Government Restrictions (gov.ie) relating to Covid 19 that are in place at the time of your event. Thank you.



4 EASY WAYS

TO SEND YOUR OFFLINE MONEY BACK

1. Through the bank or post office!

You can lodge the funds raised directly into our AIB account using the enclosed giro slip – pop your name and address on the back of the slip. If you lodge in the post office let us know so we can track those funds and thank you. After you've lodged your funds, please email us at: fundraising@imnda.ie. We can also provide our IBAN & BIC numbers if electronic transfers are easier for you.

2. By cheque!

Cheques, drafts and postal orders can be made payable to IMNDA and returned to our office at: **IMNDA, Unit 3 Ground Floor, Marshalsea Court, 22/23 Merchants Quay, Dublin 8.**

3. Pay online instantly!

You can pay any 'offline' funds – cash, cheques etc – to your online fundraising page! Email fundraising@imnda.ie to find out how.

4. Do it by phone!

Call us on **01 670 5942** and we can take your instant donation by credit card.

THANK YOU SO MUCH!



HERE'S WHAT YOUR WALK COULD ACHIEVE:



Pays for a task alarm which brings peace of mind as it allows someone with MND to call for help immediately when they are home alone.



Will purchase a lightweight manual wheelchair and cushion to provide independence and comfort for someone in the early stages of MND.



Funds specialised communication software so someone whose speech has deteriorated can still talk to their family and friends.



Funds a portable suction machine which helps clear airways for someone with MND who has respiratory difficulties.

Thank you for helping to fund crucial supports and services for people living with MND.

**Thank you for doing Walk While You Can!
Thank you so much for changing the lives of people and families living with Motor Neurone Disease. You're a real champion!!**

Irish Motor Neurone Disease Association,
Unit 3, Ground Floor, Marshalsea Court,
22/23 Merchants Quay, Dublin 8.
Tel: 670 5942
Email: fundraising@imnda.ie
CHY: 8510
R.C.N: 20021009
www.imnda.ie

Irish Motor Neurone Disease Association

Irish Motor Neurone Disease Association



**Hope starts with one step.
Change happens with many.**

INSIDE:

Everything you need to organise a fantastic walk and raise crucial funds to help people and families living with Motor Neurone Disease

Your Personal
WALK EVENT TOOLKIT
TOP TIPS, ADVICE & CHECKLIST

WELCOME

and thank you so much!

Thank you for registering for this year's Walk While You Can to raise crucial funds for people living with Motor Neurone Disease. We are humbled and delighted you have chosen to be part of something truly inspiring – and so important!

FR TONY COOTE'S EXTRAORDINARY ACHIEVEMENT

Fr Tony Coote was diagnosed with Motor Neurone Disease in February 2018 aged just 53. In July that same year, Tony and an incredible team organised Walk While You Can – walking from Donegal to Cork over four challenging weeks. The 550km walk received national attention with Tony completing the journey in his wheelchair.

Their incredible feat raised over €700,000! The proceeds were equally divided between the IMNDA and Research Motor Neurone. From these miraculous funds, we were able to employ a fourth MND outreach nurse.

So today, we're determined to continue to honour Tony's incredible achievement and keep the pilgrimage he started thriving. Thank you for helping us continue the battle for crucial funds that Tony began and that so many kind people all over Ireland supported.



WHAT IS MOTOR NEURONE DISEASE?

Motor Neurone Disease (MND) is a very challenging condition that attacks the motor neurones, or nerves, in your brain and spinal cord. This means messages gradually stop reaching muscles, which leads to weakness and wasting. MND is progressive and can be very debilitating. There is no cure for MND.

Symptoms

MND can affect how you walk, talk, eat, drink and breathe. However, not all symptoms necessarily happen to everyone and it is unlikely they will all develop at the same time, or in any specific order.

One person dies every three days from MND

There are currently over 400 people living with MND in Ireland. MND is often referred to as the 1,000-day disease as most people die within 1,000 days of symptom onset.

Who we are and what we do

The Irish Motor Neurone Disease Association (IMNDA) is the only organisation of its kind in this country. We provide crucial care and support to over 400 people living with MND, their carers and families. These services include specialised medical equipment, MND nurses, home care, counselling and vital research. But we cannot continue to do that without your continued support and generosity.



TOP TIPS FOR YOUR WALK

Pick your date.

Choose your route.

So first things first – pick a date and a time that best suits you and your walkers. Then decide where to walk while you can!

Invite participants

Spread the word among your own family, friends and colleagues and get them to recruit walkers also. Get the word out in person, through phone, email, message and social media. Once you've recruited walkers, it's simple to stay in touch with updates and reminders.

Route length – whatever suits you

The recommended distance is 5k but you can tailor your walk to be shorter or longer depending on the route you'd like to complete.

Helpful prompts

- Are you and your colleagues going for a power walk together on your lunch break at work?
- Or will you gather the family for a Sunday stroll in your local park or on the beach?
- Can you get your child's school or college on board to walk around the playing fields?
- Are you a member of a walking/running club or even a gym and could add a competitive edge?!
- Could you organise something a bit bigger and get the whole of your community together with the help of your local sports clubs, parish or residents association?

Share your accomplishment

Make sure to give us all the details of your walk – plus photos and videos – so we can share it on our website and social media – email fundraising@imnda.ie

Making your fundraising easy

Raising money couldn't be simpler!

Online Page

You can set up an online fundraising page for your group at our dedicated WWYC fundraising site – visit imnda.ie. It's easy to share this page with friends and family by email, WhatsApp or social media. You can even create a team and invite people to join. There might be people who can't attend the walk but would love to contribute in some way.

The great thing about fundraising online is the funds automatically come to the IMNDA.

Sponsorship Envelopes

As well as online fundraising we can also send you sponsorship envelopes. Just email fundraising@imnda.ie and let us know how many you need.



Every step eases someone's journey

