

# Michael Sobell House Hospice

& Specialist Palliative Care Centre



## MSH ANNUAL SPONSORED WALK

Sunday 19 September 2010

## ENTRY FORM

<b>Full Name:</b> (one form per walker)	<b>Walk Number:</b> (For Office Use)
<b>Address:</b>	
<b>Post Code:</b>	
<b>Telephone:</b>	
<b>Mobile:</b> (for use on the day in the event of an emergency ONLY)	
<b>Email address:</b>	

\*Any information provided is taken in accordance with The Data Protection Act 1998 and will not be passed on to any third parties. We would like to keep you informed about our fundraising activities, please select this box if you **DO NOT** wish to be included on our database

Please select your distance:       3 miles     7 miles     12 miles

### DECLARATION

I understand that Michael Sobell House cannot be held responsible in any way for loss or injury to myself during this event, howsoever arising.

Signed .....

**Registration opens at 7.30am.    Walk starts: 8.00am.    Last registration 9.30am.**

Complete and return this form before **September 14<sup>th</sup> 2010** for advance registration and send to the address below, alternatively bring your completed form along on the day to the '**Registration on the Day**' desk.

**ADDRESS: Michael Sobell House, Fundraising Department, Mount Vernon Hospital  
Northwood, Middlesex HA6 2RN    Registered Charity No. 1079638**

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ENTRY FEE: £10.00 per adult and £5.00 per child (under 16's)  
All proceeds to Michael Sobell House.

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## ANNUAL SPONSORED WALK SPONSORSHIP FORM Sunday 19 September 2010

Name .....

Address: .....

..... Post Code .....

Telephone ..... Email.....

ENTRY FEE: **£10.00** per adult and **£5.00** per child (under 16's).

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### TIPS ON HOW TO RAISE SPONSORSHIP

1. **Set a target** £50 or £500? You'll be amazed at how much you can raise once you get started.
2. **Identify your supporters** Friends, family, work colleagues, school friends, members of local clubs etc.
3. **Paper forms** Take it with you where ever you go
4. **Online form** Set up a Just Giving page (see below)
5. **Ask, ask, ask!** Let everyone know what you are doing and to be afraid to ask them to sponsor you.



**Just Giving is an easy way to raise sponsorship or make a donation to Michael Sobell House online.**

- Go to [www.justgiving.com](http://www.justgiving.com)
- Click on 'make your own page' button
- Follow the instructions to 'create an account' or 'log-in' if you already a user

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