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## **Step Out for Stroke Liverpool 2018**

### **Saturday 12 May 2018, 11:30**

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We want you to enjoy and make the most out of your day. Below is a list of additional information for your Step Out for Stroke event. We hope this helps with any queries you may have. If there's anything else you would like to know, please contact us on 0300 330 0740 or [stepout@stroke.org.uk](mailto:stepout@stroke.org.uk).

### **Event information**

The event will begin at 11:30 at Croxteth Hall and Country Park. The registration area will be well signposted and easy to spot. Registration will open from 10:30 and will be situated in front of the Hall. Please arrive no later than 15 minutes before the walk start time.

Provided the event has not reached full capacity, registration will be possible on the day.

**Refreshments** are available from The Old Riding School Cafe, open from 9.00am-5.00pm.

**Toilets** are located in the Café area.

**Weather and Clothing** – please check the weather forecast before you arrive at the event and dress accordingly. We would recommend that you wear comfortable walking shoes and bring sunscreen and a hat if sunny conditions are expected.

If you have any issues on the day, please contact Chris Jones on 07860 187649.

**Thank you** for Stepping Out and showing your support for everyone affected by stroke.

### **How to get there**

#### **Croxteth Hall and Country Park, Muirhead Avenue, Liverpool, L11 1EH**

From the M62 – at the Liverpool end of the M62 follow the A5058 inner ring road (Queens Drive) and turn right onto Muirhead Avenue – the Car Park entrance is at the next roundabout.

From the M57 – at Junction 4 of the M57 turn towards Liverpool (East Lancs Road, A580). At Dwerryhouse Lane turn left – the Car Park entrance is at the next roundabout.

From Liverpool City Centre – follow signs for the A580 then turn right onto Dwerryhouse Lane – the Car Park entrance is at the next roundabout.

### **By Bus / train:**

Croxteth Hall and Country Park is serviced by the number 18 bus. For information about bus numbers and timetables please contact Merseytravel 0151 330 1000.

### **Parking**

Car Parking is free at Croxteth Hall and Country Park. There are several car parks available but please consider car sharing on the day if possible. For Satnav – use postcode L11 1EH (nearest to roundabout at Car Park entrance). Disabled permit holders

### **Fundraising**

You are welcome to bring any sponsorship money you have collected to our registration desk on the day.

If you've used JustGiving your sponsorship money is sent to us on your behalf. If you have collected any sponsorship money using the paper form there are three ways to send this to us after the event:

**Call us:** make your donation by debit or credit card. Simply call us on 0300 330 0740. Then post any signed sponsorship forms to us to allow us to claim an extra 25% in tax relief on any donation eligible for Gift Aid.

**Send by post:** Send your donations and completed sponsorship forms to Step Out, Stroke Association, 1 Sterling Business Park, Salthouse Road, Brackmills, Northampton NN4 7EX.

We process donations centrally to reduce costs – this won't affect the where or how the money is spent.

**Pay into the bank:** If you have cash donations, please get in touch for details on how to pay this into our bank account. Remember to post sponsorship forms back to us so we can claim Gift Aid.

As you know, the registration fee you've paid goes towards the cost of running the event so all of the sponsorship money raised goes towards helping people affected by stroke and supporting their families. If you've decided not to collect sponsorship, we have enclosed a donation envelope in the hope that you might be able to give a donation towards the charity.