

5 Mile Run & Fun Day

Information Pack



5 mile run, 4 mile guided walk, children's wiggle waddle,
local crafts, music & lots of fun

Run, jog, walk, wiggle or waddle!

Whatever your style, come along for a great day out

**Suffolk Food Hall, Wherstead,
Sunday 21st August 2011**

www.camillesappeal.co.uk
run@camillesappeal.co.uk

Thank you for requesting Information for the 5 Mile Run & Fun Day on Sunday August 21st 2011. This information pack contains the following details.

- Event Poster (Full Colour)
- Running Event Registration Information
- Fun Run Information
- Children's Wiggle-Waddle
- Sponsorship information
- 4 Mile Walk
- Fun Day Activities
- Camille's Appeal Promotional Leaflet
- Sponsor Form (Full Colour)



We are pleased to be supported once again by the Suffolk Food Hall for our summer event. Please support them by visiting the Food Hall for fresh and locally sourced produce.

www.suffolkfoodhall.co.uk



5 Mile Run & Fun Day



Run, jog, walk, wiggle or waddle!
*Whatever your style come along for a
great day out*

at
Suffolk Food Hall, Wherstead
on
Sunday 21 August 2011

Start Times:
Race @ 10.30am / Waddle @ 1pm
Guided Walk @ 11am & 2pm

www.camillesappeal.co.uk

run@camillesappeal.co.uk



Running Clubs and Fun Run Information:

We have created a stunning five mile route through the scenic Suffolk countryside; all runners will start at the Suffolk Food Hall then will head towards Wherstead before coming back through Freston Village and returning to the Food Hall.

Race Registrations: We have obtained the services of HS Sports Ltd to handle all running bookings for this event. Registration is only **£10.00** per runner, but we would like you to obtain a minimum of £30 in sponsorship for the appeal. Sponsorship details can be found on page 7.

All entrants must register prior to the event. You will receive a running number, returnable timing chip and further information before the race.

Any juniors under 15 must be registered and accompanied by an adult on the main course.

Please visit www.enter4.co.uk/camillesappeal to register your place for the event.

Prizes: All runners will receive a token of appreciation for completing the course.

The Route: The 5 mile route consists of grass track, concrete road surface, woodland and open fields. Runners are advised to wear suitable footwear for the terrain.

The course has been measured by Survey Solutions, based in Ipswich. There are two minor public roads, and one road crossing on the route. These will be cordoned off and marshalled for the safety of the runners.



www.survey-solutions.co.uk

On-Course Marshalls and First Aid: The Appeal has obtained support from the St John's Ambulance and Suffolk 2012 Volunteering Legacy Project in recruiting volunteers for this event. The volunteers will be clearly identifiable by their orange steward's jackets. If you do have any difficulties during the day, please ask them for assistance.

(If you are interested to find out more about the *Suffolk 2012 Volunteering Legacy Project* log onto www.suffolkvolunteeringlegacy.org.uk)

Water Stations: The Appeal has provided water stations. Bottled water will be provided at Valley Farm and at the end of the run. To assist with the cleaning operation, can you please dispose of the bottles in the bins provided along the route.

Toilets and Changing Facilities: Additional toilet facilities will be provided at the running venue, but there are no changing facilities on site. Please **DO NOT** use the Food Hall toilets for changing following your race.

Refreshments: There will be a BBQ and other refreshments available at the Fun Day, which starts at 11am. After your run, relax and enjoy the live music, craft stalls and games on offer throughout the day. The food hall will also be open, offering a range of food and drink.

The Children's Wiggle-Waddle.

The Course: We invite all children between the ages of 2 and 10 years to enjoy the Wiggle-Waddle with their parents. The secure 1-mile course has been laid out around the bottom paddock of the Suffolk Food Hall, with stunning views up and down the River Orwell.

Registrations: Registration is free for children to participate in the Wiggle-Waddle, but we suggest you aim to raise at least £10 through sponsorship for Camille's Appeal.

Fancy dress is optional, but we will be awarding prizes for the best dressed boy and girl taking part in the event. All children will receive a Wiggle-Waddle number to wear and a token of appreciation for taking part in the event.

Please contact run@camillesappeal.co.uk to register your child, providing the following details:

Name:

Age:

Parent's contact address:

Telephone:

E-mail:

4-mile guided walk

Once the run is underway a 4-mile guided walk will commence using part of the Wherstead Explorer walking route. We have arranged for guided walks to be led from 11am and 2pm from the Main Craft Marquee.

There is no entry fee for the guided walks, but a donation either before or after the walk is appreciated. If you or your family wishes to obtain sponsorship for these walks please see page 7 for details.

For your safety the route will be monitored by a group of marshals walking or cycling the route.

Family Fun Day:

Camille's Appeal prides itself on providing value for money at our events, whilst still raising the profile of and funds for the Appeal. So like last year, the Family Fun Day is free to attend.

Collection buckets for donations will be available near the giant inflatable pillow.

We will be hosting a large craft fair, with stalls selling jewellery, soaps, cards, clothing, toys and much more.

There will also be the traditional fun day games and activities:

- Beat the Keeper
- Stick Three Cards to Win
- Train Rides
- Inflatable Castle
- Teddy Tombola
- Grand Prize Draw
- Much more

So if running isn't your thing, do come along and enjoy the BBQ &/or cream tea, live music, stalls and many other events with your family.

Sponsorship:

We rely on the kind donations of those who wish to support Camille's Appeal. There are many ways in which people can support the Appeal. Most people obtain sponsorship using Justgiving - the easy way to fundraise in this modern world. Online donations are received more quickly by the charity and we can also claim Gift Aid by this method.

Please visit: <http://www.justgiving.com/camillesappeal>. Alternatively we have included a paper sponsorship form at the rear of this pack

Another way to support the Appeal is to offer a service, product, or even a little time to help us keep our overheads down. We are pleased to have the support of the Suffolk Food Hall and Survey Solutions on this event, but there are many other areas of the event that could be sponsored:

For example, have you ever thought about sponsoring a toilet! Your company name on a poster on the outside and a promotional poster on the inside for guests to read while spending a penny would cost just £70 per toilet.

Or

How about sponsoring the water stations for £200? We will need to obtain 1,000 bottles of water for the runners and children. Could you help to supply this?

Or

Do you have time on your hands and know a few friends who would love to support us by marshalling the car park or the running circuit? Every pair of willing hands helps the event organisers to continue to create great events to support the Appeals fund raising.

INFORMATION SUMMARY

CHARITY OBJECTIVES

To relieve sickness and preserve and protect the health of childhood brain tumour sufferers (under the age of five) by the provision of financial assistance and such other support as the trustees may from time to time determine.

Key Contacts

Sally Thompson
Chairperson
sally@camillesappeal.co.uk

Stewart Bethell
Events Manager
stewart@camillesappeal.co.uk

Martin Shave
Acting Finance Officer
martin@camillesappeal.co.uk



Contact Addresses

Camille's Appeal
c/o Ballams Chartered
Accountants
Crane Court,
302 London Road
Ipswich
Suffolk IP2 0AJ

admin@camillesappeal.co.uk

BACKGROUND

Camille's Appeal was formed in 2009 following the diagnosis of a two year old called Camille with a large brain tumour. Camille's parents recognised that although the treatment available in the UK can be very effective on the treatment of brain tumours, the ongoing effects of the treatment can cause lasting damage to children, especially those under five years old.

Currently in the UK there is no standard provision for rehabilitation of children who have received treatment for a brain tumour. Many children may be struggling to lead a normal life without these services available.



PHASED APPROACH

Camille's Appeal are focused on providing a phased approach to rehabilitation services in the UK.

Phase One will focus on implementing a standard assessment of paediatric brain tumour patients to be used across the UK. This standardised approach will ensure each child is entitled to the same treatment, regardless of postcode.

Phase Two will be to fund the development of a rehabilitation programme that will become a standard phase of treatment within the NHS. The programme will be piloted in a single NHS hospital.

Phase Three will be the final roll out of the programme to each of the NHS specialist neuro-oncology centres in the UK. The long term aim is to fund positions in each of these hospitals to ensure that each child has the ability to fulfil their potential.

www.camillesappeal.co.uk



