



St Luke's
NIGHT STRIDER



Fundraising Kit

Your guide to making great strides with your fundraising and training

Sponsored by



Make a night of it

1. Build a team

Ask your friends, family and colleagues to join you. Spread the word by calling, putting a poster up in your workplace, at your community group, wherever you like!



2. Choose a team name

Be creative. Theme it around walking, lighting up the night, your loved ones, your workplace, your community group - it's up to you!

3. Have a kick off

You've signed up to do a great thing, so celebrate with your team mates to kick start your planning

4. Choose a team fundraising target

Create a team JustGiving page with your joint target. We recommend aiming for £100 per person and multiplying by the number of people in your team.

Visit www.nightstrider.co.uk to find out how.

5. Train together

Training doesn't need to be hard or lonely. Use a training app to share your progress with others. Then share your results on social media.

6. Go neon

The brighter the better: check out the items you can buy on the night at our pop up glow shop by visiting www.nightstrider.co.uk

7. Make it a night to remember

Keep the feeling going after you've finished with a Night Strider after-party for you and your team mates - you'll have earned it!



Top 6 training tips

1. Set yourself goals

Plan your training and set yourself goals. Download our training plan at www.nightstrider.co.uk to work out achievable goals.



2. Do it together

Get as many people as possible to join your team and train together.



3. Use training apps

Join our St Luke's Strava club, track your progress and map your routes. Make sure you share your progress with your friends and family.



4. Mix it up

Keep changing your practice routes to keep things interesting.



5. The right gear

Get the right clothing and footwear. Make sure you wear them in gradually, blisters can ruin your night!



5. Eat, drink, train and rest

Make sure you're staying hydrated, eating the right foods and getting enough rest between training sessions.



The difference you can make

Last year Night Strider raised over £127,000 for our patient care. That is enough to pay for our Community Nursing Team to make 575 visits to patients in their own homes.

This year, because of you, hundreds of people across Sheffield could be looked after by our Community Nursing team; helping patients when every day matters more than ever.

Here are some other ways your fundraising could help.

1 walker raising £100



Could pay for two patients to record their life stories for their loved ones to cherish after they have gone.



3 walkers raising £585

Could cover 24 hours of care for an inpatient, including all clinical treatment, appropriate therapies and personal support.



10 walkers raising £1,073

Could cover the total cost of running St Luke's for one hour.



Top 10 fundraising tips

1. Set yourself a target

If you have something to aim for, you're not only likely to achieve it, but also to exceed it.

2. Focus on your distance or time goal

Choose a distance or time that will challenge you and shout about it!

3. Start a team

Spread the word, ask people to join your team to raise even more sponsorship money and have more fun!

4. Get on JustGiving

Set up an online JustGiving page to share with your sponsors, find out how at www.nightstrider.co.uk Download the JustGiving app for even more support and tools to boost your total.

5. Gift Aid it

Encourage your sponsors to Gift Aid their donation to increase the value of their donation by 25p for every £1, at no extra cost to you or your sponsors.

6. Tell your story

Let people know why you're taking part in Night Strider, whether it's for the challenge, in memory of someone or if you're doing it to keep fit.

7. Share it

Go social! Use Facebook, Twitter and LinkedIn to share your JustGiving page and do monthly updates about your target, story and progress.

8. Use pictures

A picture says a thousand words, so use pictures to show your progress and inspire your sponsors.

9. Double your funds

Many companies will 'match fund' the amount you raise for charity. So ask your employer and they might double the amount you raise!

10. Ask everyone

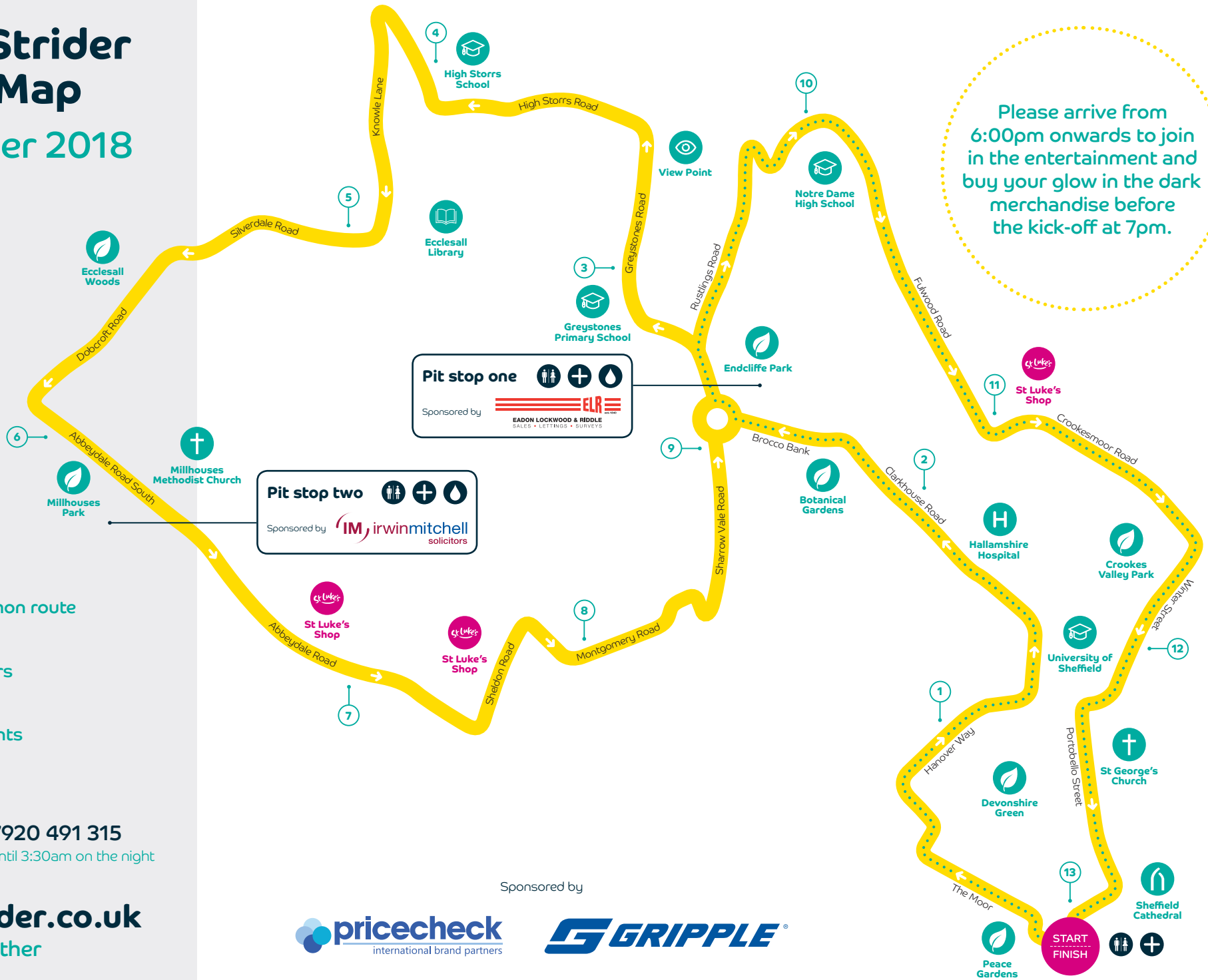
Start asking for donations from your friends and family but don't stop there. Try your work colleagues, local pub, club or anyone else you can think of!



Night Strider Route Map

6 October 2018

Please arrive from 6:00pm onwards to join in the entertainment and buy your glow in the dark merchandise before the kick-off at 7pm.



Map Key

- Half marathon route
- ⋯ 10K route
- 13 Mile markers
- + First aid
- 💧 Refreshments
- 🚻 Toilets

Hotline No: 07920 491 315
Open from 6:00pm until 3:30am on the night

nightstrider.co.uk
#stridingtogether

Sponsored by



START FINISH

“Striding for Katie”

Emily Clark and a group of family and friends are walking Night Strider in memory of her sister, Katie.

Emily completed Night Strider 2017 with a group of close friends very soon after Katie’s death. She found the extraordinary atmosphere of the evening the perfect tribute to her sister and now can’t wait to do the half marathon again this October.

“The only word to use when talking about St Luke’s is amazing – as a family we can’t thank St Luke’s enough. We wanted to do something positive to remember my sister and to thank St Luke’s for everything they had done for Katie.”

“There was an incredible atmosphere and we really enjoyed sharing the evening with hundreds of other people. We loved putting on pink wigs, face paints and glow and my mum and dad came to wave us off with Katie’s boys, which was really special for us.

“And it was so heart-warming and inspirational to be reading all of the messages on the night and feel the warmth and love of an evening that was so inclusive of everyone.

“We had so much fun on the way round that the miles whizzed past and before we knew it we had walked half a marathon in honour of my lovely sister.”

Emily Clark and friends after completing Night Strider 2017

