Mole Valley Farmers

Get your friends together and join the biggest ladies night of the year

nightwalk

glowing the extra mile

Saturday 19th May

Sign up at www.nightwalk.co.uk

North Devon Hospice

North Devon Journal

Why we want you to take part this year...

We're calling on you to pull on your special Nightwalk t-shirts, tie up your laces and enjoy a mooonlit walk along the Tarka Trail with over 1,000 other women with one mission in mind – to help fund a year of overnight care for our patients through our hospice night nurses.

£100,000 will help provide funding for our team of hospice night nurses – who give vital care and support to our patients at home and in our bedded unit.

Last year we were able to support

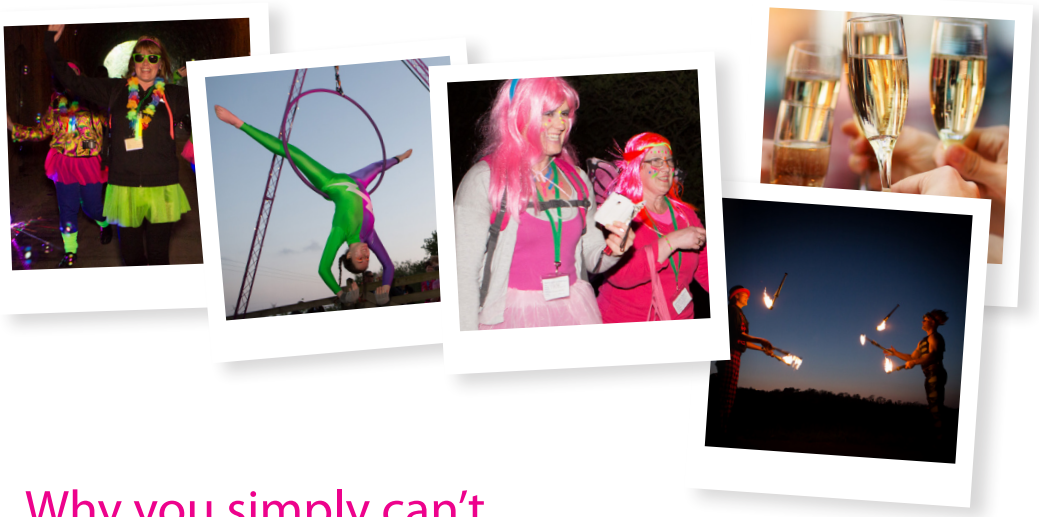
321

patients at home

and we made

5,030

visits to patient homes



Why you simply can't miss our Nightwalk this year...

Get ready for a celebration of light and glow as over 1,000 women come together to do something wonderful for their local hospice at our 12th Nightwalk (fancy dress optional).§

This year will include **UV lights, prosecco, fire performers, live music including samba bands, community choirs,** different routes to choose from – and the 'must have' for this year's walk – our new special nightwalk **t-shirts!**

So come on ladies – let's do something amazing this year that will help impact the lives of hundreds of local people facing a life-limiting illness.

Where it's happening...

Routes from **Barnstaple, Instow, Bideford and Torrington** will take place on the Tarka Trail, a flat route with plenty of entertainment. Buses will be provided back to your starting point once you have finished your walk, with thanks to Stagecoach Devon.

Choose your Nightwalk from the options on the back of this leaflet and register with us today!

Please sign up at **www.nightwalk.co.uk** which is our cheapest way to process your registration. Otherwise, please complete below:

Your details

Title | First name | Last name

Your date of birth (__ __ / __ __ / __ __) | Phone number | Mobile number

(The minimum age to join nightwalk is 16)

Email address

Address | Postcode

Group name (if applicable) | Place of work (if you are part of a business team)

Reason for taking part

Your route

Route

☐ Bideford - Barnstaple	11 miles	7.30pm
☐ Barnstaple - Bideford	11 miles	7.30pm
☐ Instow - Bideford	3 miles	9.00pm
☐ Instow - Barnstaple	7 miles	8.30pm
☐ Torrington - Bideford	7 miles	7.30pm

Nightwalk t-shirt

I would like to purchase a Nightwalk t-shirt to be collected on the night.

T-shirt cost £8.00*

☐ S	6 - 8
☐ M	10 - 12
☐ L	12 - 14
☐ XL	14 - 16
☐ XXL	16 - 18

☐ No t-shirt

*Please include your t-shirt payment with your registration form and registration fee.

Registration £20 (Early Bird registration fee is £15 until 1st April).

Please make your cheque payable to: 'North Devon Hospice' and post to Nightwalk, North Devon Hospice, Deer Park, Newport, Barnstaple, EX32 0HU.
Call 01271 347232 or email fundraising@northdevonhospice.org.uk for more information.

Your details will be kept on North Devon Hospice's database. We never give details of anyone on our database to any third parties. PLEASE tick the box so that we can keep in touch with you about nightwalk news and other information ☐

North Devon Hospice registered charity number 286554

holidaycottages.co.uk TDK Brewer Harding & Rowe solicitors KS Kingsley School Bideford FIT IN 30 Women's Health & Fitness Centre BANBURYS Department Stores & Furnishings