

Shine Lincolnshire Wolds Walk Saturday 22 June 2024

Walk Outline.

Meeting at Walesby Village Hall LN8 3GW not far from Market Rasen

This year's walk will cross Lincolnshire Wolds' varied terrain, including gravel paths, public bridleways, public footpaths, minor country roads, crossing fields and ascending hills rising to 145m elevation covering between 9-10km km; the distance a child in Malawi may walk one way to school or a mother may walk carrying her child to the clinic.

Event details

_Walk duration is approximately 3-4 hours walking at an average comfortable pace with stops.

Meeting 9.30am - 9.45am at Walesby Village Hall. LN8 3GW

NB: limited carpark so park on the road

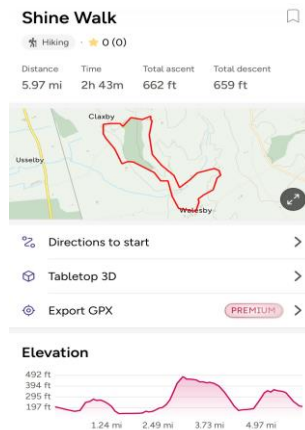
10am Start

11.30am break

12.45am for picnic lunch

2pm finish

<https://explore.osmaps.com/route/21485284/shine-walk?lat=53.428323&lon=-0.317945&zoom=13.7833&style=Leisure&type=2d>



Please come prepared with a waterproof jacket, suitable footwear, sunscreen, packed lunch and water. The walk will depart in 3 groups at staggered times according to each participant's most comfortable pace. It is not a race! There is a small park area at the halfway point. Health and Safety Please remain with the group allocated to you and follow the directions of your walk leader who is there to guide you .Event signs will also direct the path at key turns.

Take care when climbing styles and opening/closing gates. One presents a slight risk of injury if not operated by the main lever. Take care when crossing fields as at times animals may be present.

Some footpaths may be slightly overgrown with brief limited height clearance. so watch your head!

Public toilets are limited across the Lincolnshire Wolds however your leader will advise on the temporary comfort stops and provision at key points.

Should a participant need to be recovered from the walk there will be access points along the route for vehicle recovery so please notify your leader.

As the weather can become cold, wet and windy precautionary times of shelter may slow your group down. Please remain patient. If you choose to go ahead you must notify your leader that you are leaving the walk.

Event Fundraising Target £2,000.

Organised walks bring people together! You will discover the beautiful countryside and also learn more about the work of Shine Relief in Malawi whilst helping to raise essential funds for key areas. Our walk leaders have been involved with Shine for many years and will gladly share more information about the work going on at Shine Village.

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Charity Background:

Shine Village Malawi is based in the rural region of Zomba where access to education, healthcare, safe shelter, and even basic food is insufficient to support the basic needs of a child. Children are all too often left without an adequate network of support to care for them. Foster care is rare, leaving many children vulnerable and abused. Shine currently supports eight children in a loving and safe village complex within a rural village setting.

Shine's education program provides children aged two to 18 years with access to learning and social skills development. Widows, single mums and teenage caregivers are helped at every opportunity; from funds for a bike taxi to skills for employment we can make a big difference.

We encourage participants to aim to raise at least £20 and to set up their own on-line fundraising page at

[Shine Relief Trust - TotalGiving™ - Donate to Charity | Online Fundraising for Charity UK](#). * Funds will be allocated to support feeding programs, operational costs and relief items.

£20 currently buys a bag of maize lasting 1-2 weeks for a family of four or a bag of fertiliser to help yield a good crop. Please visit www.shine-relief.org for details on our children's home, community outreach and Early Years program. A small team from Hull will be visiting Malawi. Items are being sourced from local groups and supporters.

Donations towards this area of need - from blankets to laptops – all are greatly appreciated. Contact Deborah 07762243302 *Those who have not attempted to raise funds may not be permitted to join this event.

See SRT terms and conditions or email deborah@shine-relief if you have any questions.

Fund raising and Training tips

Consider why you want to help Malawi then make it personal “my personal challenge!”. Some fundraisers will add another challenge to draw attention; a run, swim, bike ride or simply host a coffee morning or bake sale! Share why you are doing the walk and examples of how donations will help and send a link to Shine YouTube Share your training journey through blogs. Download our Fundraising leaflet for hints and tips for www.shine-relief.org/events/

If this is new to you, concentrate on increasing the time you walk and build up gradually. Wear comfy shoes and make sure your feet are well supported.

Get together with a group to train. It's a great excuse to have a natter while motivating one another to go that little bit further. Walk at a conversational pace that feels comfortable. Remember to warm up and cool down before and after any exercise. Taking time to stretch properly will help reduce the chance of injury. It's important to drink before, during and after exercise – don't wait until you are thirsty!

Extra help for our team visiting Malawi in August

Malawi August trip fund will be used to supply welcomed items to poor families

[TotalGiving™ - August 2024 Malawi Trip - Shine Relief Trust - Fundraising Page](#)

As the nation of Malawi continues its recovery after two consecutive years of destructive cyclones made multiple landfalls Shine Village remains the light of God's love in the darkness of despair.

Thank you very much for your support!