

Piel Island Walk 2022

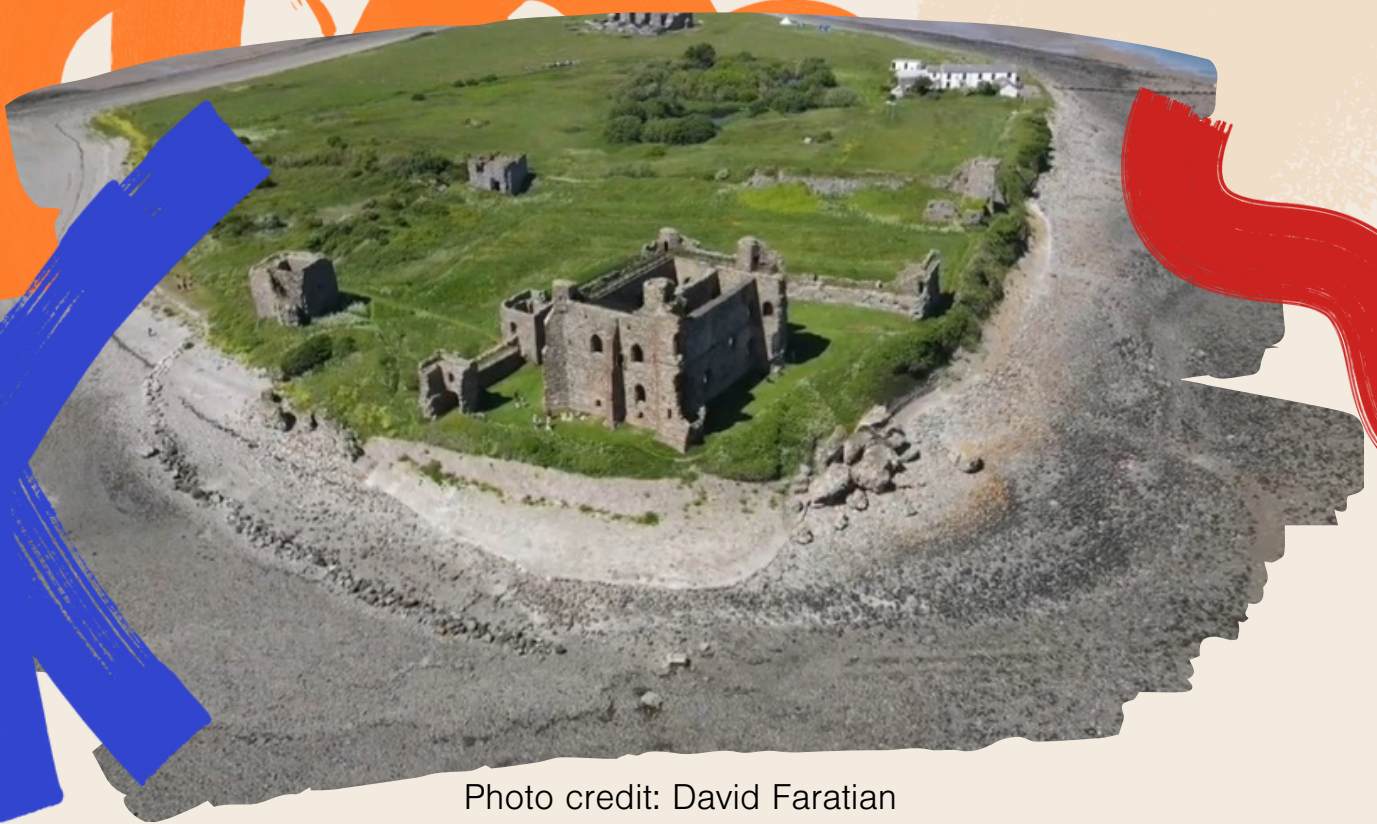


Photo credit: David Faratian

Sunday 21st August 2022
Walney Island, Snab Point to Piel Island
Registration 10am
11am walk starts
Return at approx. 2pm

Piel Island Walk

Welcome to our 2022 Piel Island Walk. We are so glad you can join us!



Walk information

Chances to do this walk are rare and we are delighted to bring back our Piel Island Walk this year. The guided walk across the sands from Walney Island to Piel Island will be led by expert guide Ben, under the guidance of Piel Island stalwart John Murphy, both of whom will be in hand with anecdotes aplenty from the wealth of wildlife on show to the rich history of the castle.

You also be able to refresh yourself for the stroll home with a drink or two at the island's famous hostelry – The Ship Inn. The walk starts from Snab Point, Walney Island (a small area just off Mawflat Lane just before South End Caravan Park).

The Piel Island walk is no ordinary walk! Crossing sand and sea is reasonably flat but demanding. Walkers should be able to walk at a leisurely pace, it is not a race however it is not a slow stroll. Expect to get wet and muddy and a change of clothes is recommended.

Due to the ever-changing nature of the Bay, it is possible that the walk may be postponed or cancelled. This decision will be taken by John and Ben and if it this happens, we will update our Facebook and Twitter pages and email participants. Please keep an eye out for updates as we get closer to the event.

Piel Island Walk

Getting there

From Barrow-in-Furness follow signs for Walney Island. Cross Jubilee Bridge onto the Island and follow brown signs left at traffic lights. Follow this road for about 1 km then turn left down Carr Lane. Pass Biggar Village, follow the brown campsite signs, and continue for 3.2 km to reach the pull-in on your left at Snab Point (where there is a yellow post and marker). Parking is limited and there will be marshalls there to guide you. We may ask that you park further down from the starting point if this parking area becomes full.

Safety Briefing

All participants must attend the safety briefing. John and Ben will start their briefing at the designated start time of the walk. The CancerCare team shall be wearing bright yellow Hi-Viz jackets. John and Ben will introduce himself and explain the walk in detail. The walk will only set off once we have notified the coastguard of our walker numbers.

Route & Safety Information

Hydration & refreshments on the walk

The walk will be approximately 45 minutes each way and is suitable for families (children must be six years and over). Dogs are welcome! There are no cafes or toilets out in the Bay so please bring your own drinks and snacks. Toilets are available on Piel Island and there will be opportunity for those who wish to purchase refreshments in the Ship Inn or you can bring along your own picnic.

What to wear

Old comfortable shoes or trainers rather than expensive walking boots or wellies are recommended, as are shorts or trousers which can be rolled up. Many people walk in bare feet. It is better to wear layers rather than one thick jumper. You may get muddy so consider bringing a towel and/or a change of clothing. It is exposed out in the Bay so please wear sunscreen and a hat may also be useful.

Piel Island Walk

The Bay

Please respect both the Bay and your fellow walkers. Please clean up after yourselves and your dogs - we respectfully request that dogs are kept on a lead at all times whilst crossing the Bay.

Safety

There are dangerous quicksands in Morecambe Bay. Stay with the group and follow John and Ben at all times. Volunteer stewards will also be on hand to assist. Please respect them and follow the instructions that they give. It is sometimes necessary to cancel a walk at short notice if the guide considers conditions out on the Bay to be dangerous. In the event of a cancellation, CancerCare will contact all participants as soon as possible by email.

Fitness

The walk is on varied terrain including sections of sand, shingle, pebbles, rock and salt marsh. It will proceed at a reasonable pace and the walk is suitable for people and families who are reasonably fit and able. The minimum age for the walk is 6 years old and parents should assess whether the walk is suitable for their child if over this age.



Collecting Sponsorship



JustGiving

Below is your personalised sponsor form but why not try using JustGiving.com too? It's easy, secure, helps you to spread the word further about what you're doing and it's less hassle for you as there's no cash to be collected after the event!

All you need to do is visit www.justgiving.com/cancercare and click 'Fundraise for us'.

Once you've done that, it's really simple to get started:

1. If you're new to JustGiving, enter your email address, fill in your details and create a password
 2. Choose your event (Piel Island Walk 2022) and click 'Select'
 3. Choose a web address for your fundraising page and click 'Create your page'
 4. Go to your account and personalise your page with a message, image and target
- If you need any help please feel free to contact the Fundraising Team at CancerCare on 01524 381 820.

Employer Match Funding

Do you work for a company that offers match funding to employees who take part in fundraising challenges? Why not ask your employer if they can double whatever sponsorship you raise? It's definitely worth the ask!

Companies that already match-fund donations include:

Barclays Bank, BAE Systems, Boots, GlaxoSmithKline, Heinz, Lloyds Bank & Marks & Spencer.

Collecting Sponsorship



Gift Aid

Anyone who sponsors you and is a UK taxpayer can 'gift-aid' their donation by giving us permission to reclaim the tax they have paid on their donation from the government.

This means donations could be worth an extra 25% to us at no extra cost to the donor. So for every £10 donated, we receive £12.50!

To be eligible for Gift Aid, make sure your sponsors write their full name, home address and postcode and tick the 'Gift Aid' box on your sponsor form. See example below:

Full Name	Full Postal Address	Amount	Gift Aid It*
Joe Bloggs	12 Puddle Lane, Kendal, LA9 9PX	£10	✓

Please return your sponsor form & collected sponsor money to:
Piel Island Walk, CancerCare, Slynedales, Slyne Road, Lancaster LA2 6ST

Alternatively, you can drop it into one of our other centres:

Lakes Centre, Blackhall Road, Kendal, LA9 4BT.

76 Duke St, Barrow-in-Furness LA14 1RX

34 Northumberland St, Morecambe LA4 4AY

Cheques should be made payable to 'CancerCare North Lancashire and South Cumbria'.

Please do not send cash through the post.

Please sponsor _____

For the Piel Island Walk

If you are a UK taxpayer, Gift Aid can make your donation worth even more. For every £1 you give, CancerCare receives an extra 25p from the government.

*I am a UK taxpayer and I would like CancerCare to claim Gift Aid on this donation and all donations hereafter until I notify them otherwise. I understand that if I pay less Income Tax/or Capital Gains Tax than the amount of my Gift Aid claimed on all my donations in that tax year it is my responsibility to pay the difference.

giftaid it



Full Name	Home Address	Post Code	Gift Aid*	Sponsorship Amount	Date Collected
Joe Smith	My house, my street, my town	PO5 1CD	✓	£20.00	01/01/21

By providing us with your personal data, you consent to our privacy policy, available at www.cancercare.org.uk

About CancerCare



CancerCare is a local, independent charity which has been providing free professional therapy to people dealing with the effects of cancer and bereavement for almost 40 years.

We have centres in Lancaster, Kendal, Morecambe and Barrow and offer a wide variety of services including one-to-one counselling, complementary treatments such as reflexology and aromatherapy, and creative and physical therapy groups including yoga.

CancerCare has a dedicated service for children and young people with specially trained counsellors who provide support for children bereaved for any reason, not just as a result of cancer. We also run a weekly young people's peer support group and provide a full range of activities during school holidays.

Every year we help thousands of people across the Morecambe Bay area cope with the devastating impact of cancer and bereavement.

Just over 90% of the income we need to help these people comes from fundraising and generous donations from local people who recognise how vital the services we provide are. Every penny of sponsorship that you raise by participating in the CancerCare Chapel Island Walk will help to make a real difference to the lives of many local families whose lives have been turned upside down. Thank you!

Piel Island Walk

Terms & Conditions

ENTRY FEES

Your entry fee covers your place at the event and is non-refundable and non-transferrable. If you are unable to take part, please let us know as soon as possible. If the event is cancelled due to COVID-19 restrictions a full refund will be issued to all participants.

REGISTRATION

All participants must register to take part by completing the online booking form on Try Booking. All entries will be processed in the order we receive them. Where possible, walkers should pre-register. However, where there are places available, walkers may register on the day, but the organisers reserve the right to refuse entry to anyone arriving late.

Event registration and safety briefing times can be found in this Information Pack. Places are limited. If you want to walk with friends, you must secure your places by registering together.

CLOSING DATE

The closing date for online entries is Wednesday 22nd June 2022 at 8am or when the event becomes 'sold out'.

ON THE DAY

It is your responsibility to arrive at the start point in plenty of time to sign in and attend the safety briefing before leaving the foreshore. The organisers reserve the right to refuse participation to anyone who has not registered on the day or attended the safety briefing.

MEDICAL CONDITIONS

It is your responsibility to make sure you are fit to complete the Piel Island Walk. If you are in any doubt, please consult your GP.

AGE LIMITS

The minimum recommend age for children is 6 years old. Children under 16, may take part in the Piel Walk but **MUST** be accompanied by a participating adult. For groups please consider the NSPCC's guidance on appropriate levels of supervision for children and young people. It is suggested that children under 8 years of age are accompanied by 1 adult to 6 children, 9 - 12 years of age are accompanied by 1 adult to 8 children and 13 - 18-year-olds are accompanied by 1 adult to 10 children.

PHOTOGRAPHY

By registering for this event you agree that any photographs taken may be used for promotional purposes by CancerCare.

DOGS

Dogs are allowed on the walk at the participants' own risk and must be kept on a lead at the start and end of the walk (preferably throughout).