



## Footsteps for Freedom Fundraising Walk

### Frequently Asked Questions

**Walk duration:** 4 mi (7 Km): 1-1.5 hrs, 18.6 mi (30 Km): 4-5 hours

**Refreshments/Toilets:** Available along the route

**What to bring:** Dress appropriately, bring water, snacks and your wackiest outfit!

**Minimum fundraising Goal:** £150

**Minimum Target Goal:** £500

### ***Why should I get involved?***

At Talitha Arts, we are dedicated to supporting those impacted by trauma through our bespoke, therapeutic arts programmes. In 2023 Talitha ran 62 workshops and supported 556 unique participant engagements with a variety of groups. We worked with young refugees, in women's refuges, mental health hubs and with those living with dementia, using the arts as a catalyst for positive change and freedom. While we are so proud of all our small charity achievements last year, we are pushing for a better and bigger 2024. This is only possible with the support of funding and donations to conduct our work. You can make a big difference today by signing up to our Footsteps for Freedom walk and help raise the funds we need to change lives through the therapeutic arts.

### ***How long is the walk?***

The walk will be along the Thames path starting at Hampton Court Bridge at 10am, with the option of walking 4 mi (7 Km) to Teddington Lock or 18.6 mi (30 Km) to Twickenham and should take approximately 1-1.5 hours for the shorter distance or 4-5 hours for the longer.

### ***Are there refreshments and toilet facilities available?***

Yes, along the path there are many pubs, toilet stops, coffee vans for the group to use throughout the walk. We will be stopping along the route for a lunch stop - more information on this will be sent out to all walkers nearer to the event date.

### ***What do I need to bring/ pack?***

We encourage you to wear appropriate clothing and shoes for a long winter walk in which there may be rain, mud or puddles, and your wacky outfits of course! (see below for more info). Please bring plenty of water, snacks and food to keep you sustained for the duration of the walk.



### ***What if I can't make it to London or make the date?***

It may be that you can't join us in London but would like to organise your own walk locally in your community to fundraise for Talitha. Regardless of whether you are able to join us for the event in London on the 23rd or not, we do encourage you to still sign up to fundraise and join us remotely. You are very welcome to create your own unique walk in your area in which you would still very much be part of the day and overall event. Send us photos and updates of your walk to keep us in the loop of your process throughout. We suggest having a first aid trained individual/ kit where possible for larger groups. Talitha Arts cannot be held responsible for any remotely organised events.

### ***What do you mean by dress wacky and creative?***

At Talitha, creativity and self expression is at the heart of the work we do. We encourage you to - alongside dressing appropriately for the weather - wear a wacky outfit to express yourself! This can be as small as a hat or wig or as big and wacky as that old dinosaur outfit you have buried at the bottom of your fancy dress box... Be as creative as you like, all we ask is that all outfits and clothing are non offensive to the public we'll be walking alongside. There will be a prize given for the wackiest outfit of the day (this includes our remote walkers too, just make sure to send us a photo: [hello@talitha.org.uk](mailto:hello@talitha.org.uk)) We hope to spread the word of Talitha on our walk and that our wacky outfits will help catch eyes and attention for the cause.

### ***What is the minimum amount to raise and what is a good target goal?***

The minimum amount to fundraise is £150 and the minimum target goal is £500 (though we encourage you to choose a higher goal if you're up for the challenge!). We encourage your best fundraising efforts to meet the target goal of £500, as not only does that enable us to put four individuals through a Talitha Arts programme, but every person who can meet this goal will receive a Talitha Arts Garden butterfly (from our 'Best in Category', Gold awarded 2023 Chelsea Flower Show Garden).

### ***What if I don't raise the minimum amount?***

To make the most out of this fundraiser for Talitha Arts, we expect each individual to raise a minimum of £150. However, if you don't quite make the mark, you will of course still be able to join. Any funds raised for Talitha - large or small - will make a big impact.

### ***What if I am a slower walker?***

Where possible we will stay as a group for the duration of the walk, however we are aware that different people will have differing paces. There will be a number of Talitha



marshalls along the walk at varying sections (front, middle and back) of the group. So that every person joining has a Talitha representative nearby at all times.

### ***How do I raise funds?***

Setting up a JustGiving page is easy - simply click on [this link](#), which will lead you to set up your own page connected to our fundraising event. Add images, and a write up about why you're doing the walk and what Talitha means to you - then publicise your link widely and send it to everyone you know - don't forget to send us your link as well so that we can feature you on our website!

### ***I'm having trouble setting up a page on JustGiving, what should I do?***

That's okay! Send us some photos, a write up on why you're doing the walk and what Talitha means to you, and we'll set up a fundraising page for you.

### ***What if someone donates cash or cheque to my cause?***

You can simply cash it yourself and donate it to your online page, or chat to us at [hello@talitha.org.uk](mailto:hello@talitha.org.uk) about ways to get it to us.

### ***Will I receive anything for completing the walk?***

Yes! Alongside bringing healing and freedom to survivor of trauma, there are lots of great incentives to join the walk:

- For completing the Walk: A Talitha Thames Trek badge
- For raising the minimum goal of £500: A Talitha Arts Garden Butterfly
- Prizes will be awarded on the day for
  - Wackiest Costume
  - Most "Talitha" Costume

Aaaaaand .... For the person that raises the most money ... A set of three Talitha Arts Garden Butterflies (small, medium and large)!

### ***What do I do after the walk?***

First of all, give yourself a huge pat on the back! Then, be sure to share your completion of the walk with your supporters - on average 20% of donations come in once a challenge is completed. So keep sharing your success post-walk on your page and with friends and family!