



Arthur Rank Hospice Charity

STAR SHINE NIGHT WALK

SATURDAY 21 JUNE 2025



WALKER INFO PACK
2025

THANK YOU FOR JOINING US

On behalf of everyone at the hospice, a huge thank you for signing up to take part in Star Shine Night Walk in aid of **Arthur Rank Hospice Charity**. We know many of you are remembering and honouring someone special on the night too.

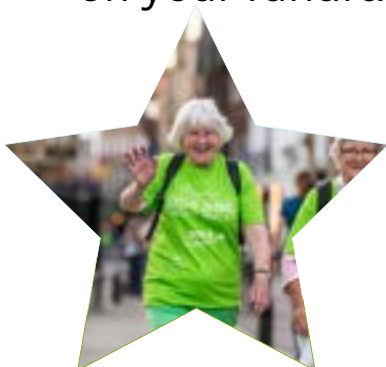
Your registration fee covers your costs, so anything you can fundraise makes a huge difference. Many of you have already been very busy with your online pages, thank you very much for all your efforts.

If you have not yet shared your page, **now is the time!** Don't forget to personalise it first with your photo and story. Just one share on your social media / in a whatsapp group / on an email will make a difference.

Your fundraising will help support people in Cambridgeshire living with an advanced serious illness or other life-limiting condition and those who need end of life care.

Arthur Rank Hospice Charity relies on fundraising to maintain the care we provide to over 3,800 patients each year at our Hospice in Cambridgeshire, the Alan Hudson Centre in Wisbech and in patients' own homes via the Arthur Rank Community Team. Our outstanding care is provided free of charge to patients and their families. All the money you raise in sponsorship will directly benefit patient care.

Please keep in mind that **around 20% of donations come in after the event**, so remember to shout about your fundraising page and ask for sponsorship after the event as well. Add lots of photos, post an update on your fundraising page and tell everyone how you got on.



GETTING SPONSORED MAKES A POSITIVE DIFFERENCE

£60,000

is our ultimate fundraising goal for
2025's Star Shine Night Walk

The money you raise could fund...

A nurses 12 hour shift – **£233**

The monthly maintenance of patient
gardens and grounds – **£199.08**

Cost per visit for Hospice at Home Care –
£175

A uniform for a nurse – **£68**

A weeks daily newspapers for patients and
their visitors to read in the Hospice – **£52.50**

Stay in one of our suites for family members
for a day – **£12.67**

*Based on average costs



EVENT INFORMATION



Start and Finish

It is a circular route, so you will start and finish at Shelford Rugby Club, Cambridge Road, Davey Field, Great Shelford, CB22 5JU. You will start in waves from 7 – 7.15pm.

Parking

There is parking at the rugby club, however, **please car share where possible as parking is limited**. Please follow directions on where to park from the marshals on the night, and take care when moving your car. A one way system will be operation.

Drop off / Collection

There is a designated drop off area at the start. If you are being collected after the walk, please advise your driver to enter via **Westfield Road**. No cars will be permitted on Almond Close and the driveway to the club, as walkers will be arriving back on this road.

Timings

Please arrive from 6pm onwards, and no later than 6.30pm. You must be registered by 6.40pm, ready to warm up and start at 7pm.

Registration

On arrival at the rugby club, please head inside to the club house where you will register. Here you will collect your t-shirt and detachable for your back.

Do I have to wear my T-shirt?

Yes please! It will create a fantastic sight for onlookers and from a health and safety perspective, it will be easier to identify our walkers. We will also know that you have registered.

Fancy Dress

We would like to 'set the city aglow' and would love for you to get involved! Find your glow and come with your brightest accessories, from leggings to headwear, socks to face paints, whatever you want! There are a limited amount of accessories available on the night to purchase to glow up your outfit! Cash or card accepted.

Sign in at the finish

You must sign in at the end of the walk – just before you head off for your hot drink and cake. If you fail to do so we will assume you are lost and will have to call your emergency contact in the middle of the night!

If it gets too much

If you are on the 10 mile route, you can switch to the 5 mile route in Trumpington. After that point, both routes split. If you decide not to finish, please call us on 07918 930216 to advise, otherwise we will assume you are lost.

Toilets

There are toilets at the start and finish, and we have asked permission to use a number en route. You will be given a map on the night with these marked on.

Following the route

There is a front and back walker. Please always stay in between these. You will be given a map on the night, and we have signed the route. There are also marshals in key locations.

If you get lost

If at any point you find yourself separated and lost, please call us on **07918 930216**.

KEY ITEMS TO BRING

- **Water / drinks** (a refill station will be available on the 10-mile route)
- **Snacks**
- **Suitable footwear** – worn in and comfortable!
- **Weather appropriate clothing** – waterproofs, layers if chilly, or cool breathable clothing if hot – please check the weather forecast!
- **Fancy Dress Accessories** – help us set the city aglow!
- **Spare change / card** for any accessories or snacks on the way.

Dogs are more than welcome on the walk but please make sure they are kept on a lead and monitored at all times.

Please note we don't have a place to leave belongings so please bring with you just what you need.



PLEASE READ & NOTE THE FOLLOWING GUIDANCE

- **Alcohol** can not be brought or consumed before or during the Star Shine Night Walk.
- All entrants must take responsibility for their own **health**. If you have any medical conditions or have any concerns about your ability to complete the walk please consult your doctor.
- ARHC to the extent permitted by law, exclude liability for any **loss, damage, injury**, consequential loss suffered by any entrant personally or to their property as result of their entry to or participation in the Star Shine Night Walk.
- All **children under the age of 16** must be accompanied by an adult at all times during the event. **Children must be 10 years or over to participate.**
- In the unforeseeable event that the Star Shine Night Walk cannot take place, every attempt will be made to rearrange the date. **Refunds** will only be given if the event is unavoidably cancelled by the Charity.
- It is advised that you have **personal insurance** that covers you for participating in road walking or sporting events as ARHC will not accept liability for public health.
- Star Shine night walk is a **walking event** – it is not a race. Running or jogging is not allowed. Power walking is acceptable. No other form of transport is permitted (such as bikes, scooters and roller skates).
- Star Shine Night Walk is organised by and for the benefit of Arthur Rank Hospice Charity, Cambridge. It is not linked in any way to any other event or charity.
- **Litter and recycling** facilities are available within the venue and on route – please use these or take it home with you.
- If you **cannot attend**, you must email events@arhc.org.uk or call 01223 675888 as soon as possible. For insurance and health and safety purposes please do not give your place to another person.
- We politely ask all participants along with their supporters to be **respectful of local residents** whilst out on the route and not to make excessive noise.
- It is **illegal to use any sponsorship raised** to cover any expenses you incur from entering. All sponsorship raised for the event must be passed to ARHC. For security purposes please do not bring sponsorship money with you on the night.
- You must follow and comply with the **Highway Code**.

Come rain or shine, the event takes place!!

THANK YOU TO OUR SPONSORS

Star Shine Night Walk would not be possible with the support and generosity of a number of local businesses and organisations.

We'd like to say a big thank you to:

