

TO MARK THE 6 MONTH ANNIVERSARY
COME SHINE A LIGHT WITH ULFA AID



HELP JAPAN
SOUTHBANK NIGHT WALK
29TH OCTOBER 2011

WWW.ULFAAID.ORG
FUNDRAISE FOR JAPAN
日本を助けてください



Come and embark on an exciting night walk with Ulfa Aid along the dynamic and awe inspiring Southbank. Take in the vast architecture or simply enjoy seeing the city illuminated at night along the Thames riverside. Ulfa Aid is undertaking an exciting 5k walk along the Southbank to raise money for the construction of an orphanage. For children who sadly lost their families and communities during the 2011 Japanese Tsunami and Earthquake.

Take in sites such as the London Eye, Big Ben, Embankment bridge, Waterloo bridge, Blackfriars bridge, Oxo tower, Southbank centre and The National Theatre, along with many other sights. This night walk is a fun and exciting evening for all the family to enjoy.

Ulfa Aid is a charity that believes in helping to build communities and relations in the U.K and internationally. Whether it's caused by natural disasters, conflict or poverty. Ulfa Aid reaches out to communities and people who are in need and often overlooked. The word Ulfa in Arabic means to connect hearts, and we at Ulfa Aid do exactly that! Bringing together hearts, minds and people. Of differing backgrounds, ages and races.



OUR 5K ROUTE

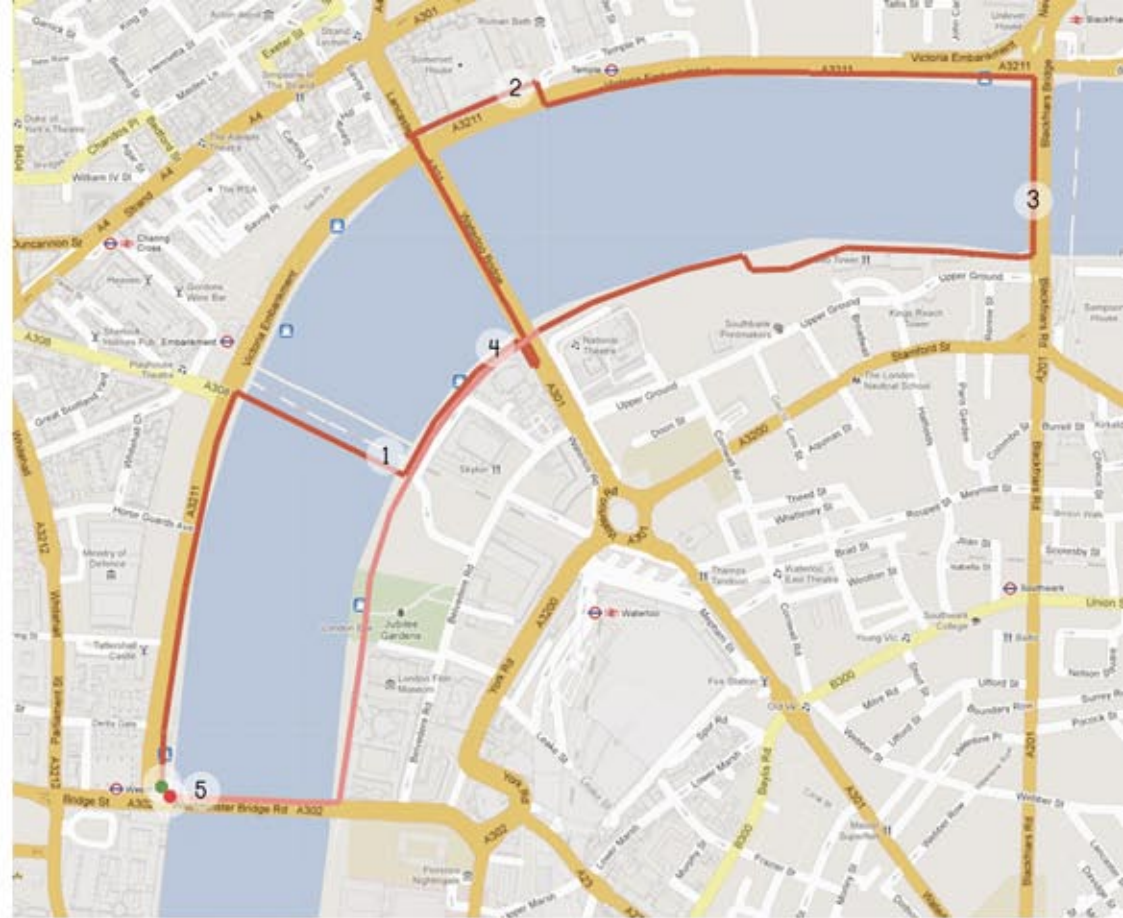
Key:

- Start
- Finish
- ◆ Km points
- Underground and National rail stations

- Westminster** Circle, District and Jubilee Lines. Lifts from all platforms to the ticket hall and step free access at Exit No.4.
- Waterloo** Northern, Bakerloo, Waterloo & City and Jubilee (Jubilee Line exit is wheelchair accessible)
- Southwark** Jubilee (main exit is wheelchair accessible)

Buses:

The buses that stop at or near Waterloo/Southbank include:
1,4,26,59,68,76,77,168,171,172,188,211,243,341,507,521,X68,N1,N68,N171,N381



How it works:

- Participants are to arrive at 6:15pm at Westminster station (Victoria Embankment exit) where they will be registered and start their walk 6:30pm prompt.
- At every kilometer there will be two Ulfa Aid marshals to direct you along your walk.
- The walk will start and end at the same point, following the map as highlighted above. This will include walking over 4 bridges Embankment bridge, Waterloo bridge, Blackfriars bridge and Westminster bridge.
- The walk takes approx 1hr 30mins - 2hrs at a slow/medium pace. Participants are not allowed to run!
- Once you have completed the 5k walk you can meet us for light refreshments by the Jubilee Gardens.
- Participants are also encouraged to bring along and carry their own lantern's (adhering to the regulations) to walk with in the night. Showing solidarity with those who lost their homes and communities.

Help Japan, Night Walk! What you need to know:

- There is a £10 registration fee per person that covers all admin expenses, light refreshments and money towards the project. This fee is non-refundable.
- One form per participant must be completed in full, and sent to the Ulfa Aid charity-shop. Entitled: Ulfa Aid, 26 Willesden Lane, London, England NW6 7ST. Or alternatively filled in and sent to info@ulfaaid.org. Payment through the website can cover multiple entries. Although multiple entries have to sign and fill in the registration form separately. Pre-entries via the website or by post must be received no later than 28th of October. Entries after this date can register on the night.
- Any donations / sponsorship raised must be given directly to Ulfa Aid by Monday 30th of November.
- Upon receipt of your entry form and payment, we will issue you a email of confirmation, sponsorship form and pledge form. Your place is not confirmed until you receive this. If you have not received this after a couple of days of entering, please call / email to confirm that we have received your entry.
- If you intend to carry a lantern, it must have the candle enclosed within it. Participants will not be allowed to walk with a candle or an open flame.
- Places are transferrable if you have paid. Please email us at info@ulfaaid.org to provide us with the all the necessary information on the participant.
- All ages are allowed to participate in the night walk. We do not allow children under the age of 16 to walk alone, even within a group there must be a designated adult to each child or group under 16.
- Only guide dogs are permitted on the walk. No other pets can accompany walkers or marshals. Entrants with limited mobility are advised to contact the organisers to check suitability of the route in advance. If you require assistance from another person, they must also register for the walk as an individual. Please note Ulfa Aid cannot take responsibility for any person with limited mobility during the walk.
- The Night Walk along the Southbank is not a race. No running or jogging is allowed.
- Participants are responsible for any medical conditions they may have and need to ensure that they are fit enough to complete the walk. Please check with your doctor if you suffer with any medical conditions that may affect your ability to take part.
- By registering for the Help Japan, Night Walk you automatically give permission for Ulfa Aid to use your photograph in any event publicity material that may be produced. If you do not wish for your image to be used, you must email the organisers stating this.
- There will be no storage on the night and marshals at every kilometre point cannot take responsibility for any goods. Please allow sufficient time to put goods away if necessary before the walk.
- For any further information, please contact Ulfa Aid Booking Team on 07932 816670 or alternatively email us at info@ulfaaid.org Monday to Friday 9:00am - 5:00pm.



please cut along the dotted line

Registration Form

(one form to be completed for each individual participant. Please complete clearly in blue or black ink)

Title:	Full Name:
Address:	
Post code:	
Phone (day):	Phone (eve):
Mobile number:	
Email:	
Emergency name and contact number (during event):	

Declaration: I confirm that I have read and agree to the conditions of entry set by Ulfa Aid, Help Japan Night Walk. And I acknowledge that the £10.00 registration fee is non-refundable.

Signed:	Date:
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How did you hear about this event?

Book online at www.ulfaaid.org

Fill in the entry form and return to:
26 Willesden Lane, London, England NW6 7ST
Or alternatively send it to us at info@ulfaaid.org

Please call the Booking Team with any queries on 07932 816670 Monday to Friday between 9am - 5pm.

Data protection: We promise not to share your details with anybody else but Ulfa Aid Registered charity 1102943. Ulfa Aid would like to send you information about our programmes and other fundraising events. If you DO NOT wish to recieve any further information, please tick this box ☐