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**Go the Extra Mile**

**Sunday 14 May 2023**

**Welcome pack**

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**Thank you for joining our Go the Extra Mile event**

Sunday 14 May 2023

We’re delighted that you’re joining our Go the Extra Mile fundraising event on Sunday 14 May, to walk, skip, ride or run with us and raise vital funds for Citizens Advice Epsom & Ewell.

**A bit about us**

*We’re an independent, trusted charity that helps people solve their problems. We provide advice and guidance to help people tackle the challenges they’re facing,. People come to us with a wide variety of issues ranging from money problems to relationships, employment, homelessness and more. Our advice is free and available face-to-face from our offices in Epsom, plus outreach locations, telephone and email. Our website helps people find the information they need online.*



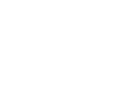
We contacted 13,493 clients and third parties

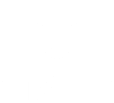
We recovered over £1m for our clients in additional income, debts written off and re-imbursements

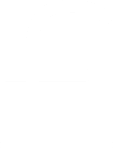
We addressed 7,997 issues

We helped 2,719 people

In 2022:







*Your support will directly impact the people of Epsom & Ewell helping them access expert advice in times of need. Visit* [*caee.org.uk*](file:///\\EPSOMTS\ADVISER\Operations\Publicity%20&%20Fundraising\Fundraising%20-%20Events\Go%20the%20Extra%20Mile%20Walk\caee.org.uk) *to find out more about us.*

**Event information**

**Meeting point - when and where**

The start and finish point is at the car park at Horton Country Park, Horton Lane, Epsom, Surrey, KT19 8PL. Staff and volunteers will be on hand to welcome you and answer any questions until 2.30pm.

10 mile walk registration: between 9.00-9.30 am

5 mile walk registration: between 9.00-10.30am

*Please feel free to start and finish the walk from a different point if more convenient. You may also complete the walk at your leisure either later in the day (or on another day) although our staff and volunteers may not be on site to help with any queries.*

**Car parking**

Free car parking is available but please bear in mind the car park may be busy on Sundays so arrive in good time to get a space. There will **not** be spaces reserved for this event. Please do not leave vehicles on the roads or grass verges around Horton. The car park closes at half an hour before dusk. Walkers must safeguard private property including all personal belongs. No responsibility can be accepted for any loss or damage.

**Facilities**

Toilets are available at the meeting point (Horton Country Park car park) but not elsewhere on the 5 mile route. There may be a coffee/tea van present in the car park for part of the day but this is not guaranteed.

Toilets are available at the Rubbing House public house at the top of the Downs from 12 midday, approximately 7 miles into the 10 mile route. These toilets are available for customers only so you will need to buy food/drink in order to use them.

Please take all litter home with you.

**The route**

When you register at the event on the day, you will be able to choose between the 5 mile or 10 mile circular routes. **Please note that both routes are self-guided – see instructions below.** As such, it would be sensible to bring an OS map or have access to Google Maps.

An outline map is provided in this welcome pack. There are directional signs on the 5 mile route. However, there will not be any marshals on either route so please ensure you are able to navigate the route independently. We cannot accept any responsibility for participants losing their way. If you have Goole Maps please use the link below to access the routes.

<https://www.google.com/maps/d/u/0/edit?mid=1SEr81HNCWUL1SBrno5VNpp9kt-3_6Y4&usp=sharing>

**The 5 Mile route**

The route is mainly within Horton Country Park, following the outer circuit next to the golf course and is marked with directional arrows. The final section leaves the Country Park and crosses West Park Road to join the bridleway to Christchurch Road where there is a pedestrian crossing. The route turns left to follow the edge of Epsom Common and to a second pedestrian crossing into Chertsey Lane. After following the footpath, the route turns left to cross Chertsey Lane just before the third roundabout on to the footpath to Horton Lane, pedestrian crossing, and back into the Country Park.

**The 10 Mile route**

The route leaves the Country Park, and crosses West Park Road to the bridleway to Christchurch Road. After crossing Christchurch Road via the pedestrian crossing, the route turns right, passing the Stew Ponds and then further uphill turns left on the path (signposted to Epsom Wells), with Newton Wood on the right, to join the Thames Down Link. The Thames Downs Link signs indicates the route straight on and across the railway line via the Lady Howard level crossing. Cross carefully (obeying all signs and instructions) and follow the path onto Craddocks Avenue. Slight turn right on Craddocks Avenue and immediately turn left into Forest Crescent. Follow almost to the end and slight left to cross Epsom Road (A24) at the island crossing, turn right on to the A24 before turning left into Ashtead Park at the big gates.

At the end of Park Drive, the City of Freeman’s School is visible. The route turns right here along Rookery Hill. At the junction with Dene Road, by the entrance to St Giles Church, the route crosses over and turns left up Park Lane on the footpath and then right into Chalk Lane (a private road & bridleway). At the junction with Grays Lane the route turns left, leaving the Thames Down Link, and then continues up Grays Lane to the single track bridleway to Thirty Acre Barn. The route turns left uphill and heads towards Headley Road.

After crossing Headey Road, the route follows the bridleway alongside Downs Road towards Langley Bottom, turning right through a gate on to the footpath to Langley Bottom Farm, and then turns right and continues along the track to the first left turn, up a short, steep path to the edge of Walton Downs. The route continues up the track and turns left at the first finger post. This footpath follows the edge of Langley Vale on the left before crossing over the racecourse. If the right of way across the racecourse is closed please open or duck under the barrier (put in place to protect the grass) and then head across the Downs to the Rubbing House where refreshments may be purchased. Toilets are available for customers. The route then crosses the racecourse again and then turns left and follows the track to the top of Chalk Lane. At the bottom of Chalk Lane, the route turns left into Woodcote Green Road, past the Hospital.

At the triangle, (junction of Woodcote Green Road, Woodcote Side and Wilmer Hatch Lane), the route crosses over the road to the triangle (take care crossing here) and into Woodcote Side then follows the pavement round the corner. At the green open space on the left, the route crosses back to the south side (take care crossing here) and to takes the track away from the road. Near the end of the this track, the route turns right before the red market post and heads back to the Dorking Road (A24), where it crosses the road via an island crossing.

The final section follows the footpath along Wells Road, over the railway bridge, crossing Woodlands Road, and then crossing back into Epsom Common at the corner where Wells Road bends to the left. The route heads towards the notice board and then towards the finger post, turning right to follow the bridleway, marked Christchurch Road 2/3 mile. The bridleway has a few wiggles but after passing the church, which may not be visible through the trees, the route leaves the bridleway and turns right to cross Christchurch Road via the pedestrian crossing, which is clearly visible from the bridleway.

The route uses the pedestrian crossing to cross Christchurch Road into Chertsey Road and then follows the route of the 5 mile walk which is signed to return to Horton Country Park.

**Tips for walkers**

* Wear suitable, sturdy footwear and bring water/snacks with you
* The weather can change quickly, so bring warm layers and a waterproof – we will be walking whatever the weather!
* Long hours in the sun can burn and cause sunstroke, even if it’s not really hot, so wear sun cream and a hat if sunny
* Be aware of others using the footpaths/bridleways including those riding horses, cycling and/or walking dogs
* Please supervise children
* You might like to bring a map and a compass - and make sure you know how to use them! GPS and phone signal can't always be relied on in rural areas
* Please do not stray onto private land
* We expect most walkers to be finished by 2pm but if you start later and might be walking into the evening, bring a torch in case it gets dark
* [Always follow the countryside code](https://www.gov.uk/government/publications/the-countryside-code)

**Accessibility**

Unfortunately, neither route is fully accessible by wheelchair. Children and dogs (including assistance dogs) are very welcome on both routes although please ensure that dogs are kept on leads and under control.

Both routes cross a number of roads and the 10 mile route crosses the railway line at Lady Howard level crossing, Ashtead Common (see photo). This is a pedestrian crossing and is well marked with signage and gates. **Please ensure you abide by all instructions and only cross when safe to do so. Please keep children and dogs under control around all roads and the railway crossing.** The 10 mile route crosses the racecourse on a public right of way. We are assured by the Jockey Club that no horse race training will be taking place after 9am but please obey any signage or instructions in case this changes.



*Lady Howard level crossing, Ashtead Common*

**The finish**

Both routes are circular and finish back at Horton Country Park car park. If you finish before 2pm please come and let us know how you enjoyed the walk and how much money you raised! We will have medals for all children successfully completing either walk and there will be opportunities for photographs.

There is no need to check out before you leave the site and our staff/volunteers will leave around 2pm. We wish you a safe onward journey and thank you for taking part.

**Other need-to-knows**

* *Children under the age of 16 must be accompanied by a responsible adult.*
* *Collection tins will be available at the start point so please bring any spare change!*
* *We will be taking photos to use in future publicity (in our newsletter, on social media and on our website). CAEE staff and volunteers will check before taking photos showing individuals’ faces. If you* ***do not*** *want your photo taken please let us know at the time.*

**Emergencies**

This is a self-guided walk and as such, there will be no marshals or first aiders along the route or at the start/finish point. However, Citizens Advice Epsom & Ewell staff and volunteers will be available with mobile phones in case of emergency. In the event of any problems please call 01372 300778 or 01372 300804 which will divert to a staff mobile number and we will help if we can. In the event of an emergency, please call 999.

**Raising sponsorship**

Our event is going to be lots of fun, but it’s also a really important way for us to raise money. As a charity, we rely on funding to keep our services going so we can continue providing vital support to our community. Times are really tough right now and there are so many people who need our help - our services are stretched to the limit. Our amazing staff and volunteers are working flat out to help people struggling in our community, but we know there are many more people who need our help. We need your support to raise money so that we can be here for those who need us.

We’re aiming to raise £6,000 so please encourage your family, friends and work colleagues to sponsor you. Remember to add any extra challenges that may encourage your sponsors to be generous. You could run the route or go in fancy dress. Or why not enter as an entire team with your friends or colleagues?

There are a couple of ways you can collect sponsorship money:

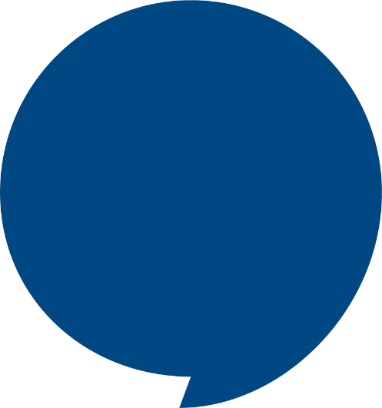
* Offline - we’ve included a paper Gift Aid declaration and sponsorship form with this pack for you to collect cash sponsorship. Please return your sponsorship form and money to Jennie Purvis at The Old Town Hall, The Parade, Epsom KT18 5AG
* Online - you can set up an online fundraising page via [Just Giving](https://www.justgiving.com/campaign/caee-go-the-extra-mile?utm_source=copyLink&utm_medium=one_page&utm_content=campaign/caee-go-the-extra-mile&utm_campaign=pfp-share&utm_term=d1d56d49c4794e44b430374fbad0ad35)

Don’t forget to ask people to add Gift Aid to their sponsorship - whether they’re donating offline or online.

**Spread the word:** The best way to increase sponsorship is to share your online sponsorship link via email, WhatsApp and your social media channels. Remember - it often takes a few shares before people are prompted to act. Why not update people on how your preparation is going or share photos of your practice walks? When posting on social media please hashtag **#GoTheExtraMile**

The money you raise will go directly to support our advice services so that we can help more people in need in Epsom & Ewell. Here is what just a few of our clients say:

‘Without you, I don’t think I would have got this far, or had the strength to leave…I got control back, and my future back on track.’



‘Friendly, helpful and extremely useful advice, took away my worries and anxiety. Thank you’



‘Citizens Advice Epsom & Ewell has always been an invaluable resource, everyone is professional, empathetic and extremely knowledgeable.   
I don’t know what we would do without their support.’

**And finally, we invite you to stay in touch after the walk to continue supporting our free advice services for the local community. Please** [**sign up**](https://www.caee.org.uk/our-newsletters/) **for our newsletter or complete and return the contact form below.**

**Thank you so much for your support – we’re looking forward to going the extra mile with you and raising valuable funds for Citizens Advice Epsom & Ewell**

Consent to contact

We’d like to stay in touch but we need your permission to do so.

Please let us know if it's okay to contact you. We'll never share your data outside the Citizens Advice service.

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| **Title:** | **First Name:** | |
| **Surname:** | | |
| **Address:** | | |
| **Postcode:** | | **Tel:** |
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| **I would like to be contacted about** | | | |
| **Events ☐** | **Fundraising ☐** | **Volunteering ☐** | **Newsletter ☐** |
| **I would like to be contacted by [***only include the channels that you’ll use***]** | | | |
| **Email ☐** | **Post ☐** | **Telephone ☐** |  |
|  |  |  |  |
| **Name:** |  |  |  |
| **Signature:** |  |  |  |
| **Date:** |  |  |  |

Please return your signed form to Louise Curd at Citizens Advice Epsom & Ewell, The Old Town Hall, The Parade, Epsom KT18 5AG or via email to [publicity@caee.org.uk](mailto:publicity@caee.org.uk)



**Sponsorship and Gift Aid declaration form**

Please sponsor me (name of participant) ……………………………………………………………………………………………………………………………………

To (outline your challenge)

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For Citizens Advice Epsom & Ewell (Charity no. 1085779) as part of their **Go the Extra Mile Fundraising Walk**

on 14 May 2023

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| If I have ticked the box headed ‘Gift Aid? ✔’, I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want **Citizens Advice Epsom & Ewell** to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand **Citizens Advice Epsom & Ewell** will reclaim 25p of tax on every £1 that I have given.  Remember: You must provide your full name, home address, postcode & ‘✔’ Gift Aid for **Citizens Advice Epsom & Ewell** to claim tax back on your donation. |

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| **Sponsor’s full name**  (First name and surname) | **Sponsor’s home address**  (Only needed if Gift Aiding your donation.  Do not give your work address if you’re Gift Aiding your donation) | **Postcode** | **Donation amount**  **£** | **Date paid** | **Gift Aid?**  **✔** |
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|  | Total donations received | £ | | | |
| Total Gift Aid donations | £ | | | |
| Date donations given to charity |  | | | |

Participant: please return this form and sponsor money to:

Jennie Purvis

Citizens Advice Epsom & Ewell

The Old Town Hall

The Parade

Epsom

KT18 5AG

Enquiries to fundraising@caee.org.uk

**THANK YOU FOR YOUR SUPPORT**