

# Smile round the Isle

Sunday 27<sup>th</sup> May 2007  
Millport

The Annual Scottish Welfare Committee fundraising event in aid of UNISON Welfare's Bucket and Spade Appeal will be held on Sunday 27<sup>th</sup> May 2007. The venue and meeting place will take place at Millport.

To register for this event please complete the attached form and return to K O'Neil, Unison, 14 West Campbell Street Glasgow G2 6RX. The cost for registration for this event is £5:00. All money raised will go directly to the Bucket and Spade Appeal.

## Families need our help

Although there has been a huge growth in tourism, a quarter of the UK's population, including many families with children, are excluded from taking holidays mainly because they cannot afford them. The *Bucket and Spade Appeal* aims to raise £150,000 for family holidays provided by UNISON Welfare.

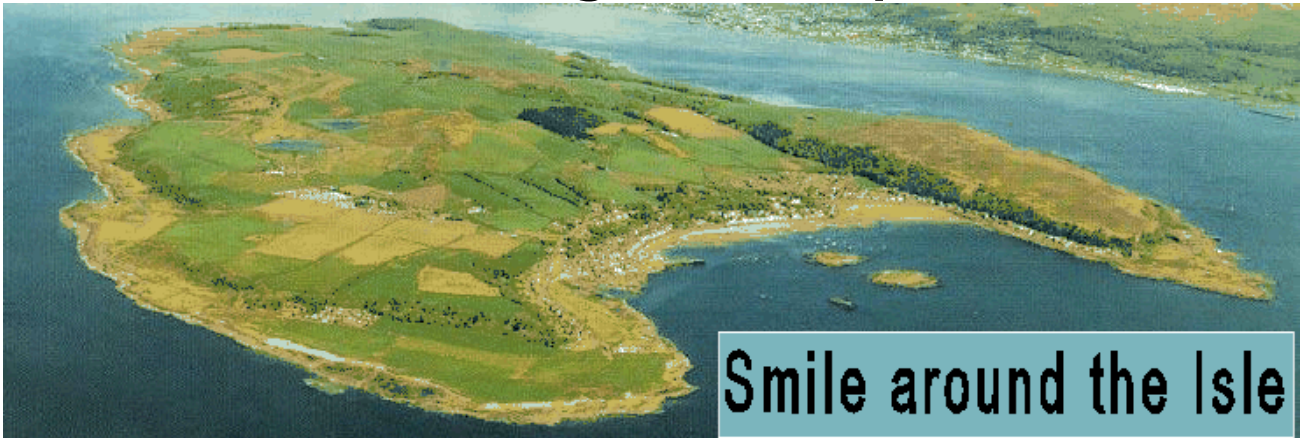
Families who have the most to gain from the relief from stress that a holiday can bring are often the ones who can least afford it. They include families whose poor financial circumstances are compounded by illness, bereavement, domestic violence, bad housing and many other problems. Research carried out shows many health benefits for adults and their children of taking a holiday as well as the negative affects of not being able to do so. In particular, GP's cited the benefits of alleviating depression and stress-related illnesses. Childhood conditions such as behavioural disorders, asthma and allergies can also benefit. Many of their patients have said they would need less medication, make fewer visits to the doctors and take less time off if they could benefit from a holiday. Being able to take a holiday is much more than improving health. It is also about enjoying a better quality of life. A holiday is a chance to reflect away from depressing or difficult circumstances, undergo new experiences (particularly for younger family members) and to renew family ties. Parents who have benefited from a break through UNISON Welfare have commented on opportunities to improve relationships with their children that a holiday has afforded.

Much hard work by fundraising initiatives so far has helped towards raising this figure but much more work still needs to be done. Please help by either taking part in this event or alternatively, sponsor one of our walkers.

**Bulletin for  
Branch Welfare  
Officers  
February 07**



# How to get to Millport



Millport is situated on the Isle of Cumbrae, on the Firth of Clyde in Scotland.

Access to the Island is by means of a ferry, which runs from Largs. A bus meets every ferry, which departs from Largs Pier every 15 minutes in the summer and hourly in the winter. For full up to date timetable information please view the Caldonian MacBrayne website.

<http://www.calmac.co.uk/>

## Registration for Smile round the Isle

Registration can also take place at Millport between 10:30 and 11:00am. The early start is to allow those of us who are not too fit to be able to complete the course if we so wish.

TITLE: .....SURNAME:.....

FORENAMES:.....

ADDRESS:.....

.....POSTCODE:.....

DAYTIME NUMBER.....EVENING NUMBER.....

FAX NUMBER.....MOBILE NUMBER.....

EMAIL ADDRESS.....

Please complete this form and return it to:

Kevin O'Neil

Information Development Officer

UNISON Scotland

14 West Campbell Street

Glasgow G2 6RZ

Tel: 0870 7777 006

Fax: 0141 331 1203

Email: [k.oneil@unison.co.uk](mailto:k.oneil@unison.co.uk)







## **UNISON Scotland Welfare Committee**

### **Smile round the Isle**

### **Sunday 27<sup>th</sup> May 2007**

#### **Collection and payment of sponsorship money**

#### **Paying in**

- All cheques should be made payable to UNISON Welfare
- Cash should be converted into cheque form and made out to UNISON Welfare
- All donations you receive should be sent to Kevin O'Neil, Information Development Officer, UNISON Scotland, 14 West Campbell Street, Glasgow, G2 6RX
- We will keep a record of your payments and send you a receipt but please keep your own independent record of your payments on the record sheet provided.

#### **Collecting Sponsorship**

All individual sponsorship donations whether cash or cheque should be recorded on the pledge/donation sheet.

## Some Frequently Asked Questions

### What equipment & clothing will I need?

With clothing a **cagoole or lightweight waterproof top** is needed to keep you warm and dry.

Clothing is very much down to personal choice but in general it is better to wear several layers of clothing e.g. T- shirt, shirt, sweatshirt/light jumper, jacket and cagoole rather than thick layers like a big jumper. This enables you to take off or put on clothing depending on how warm or cold you feel giving maximum flexibility.

The weather during this time of the year at Millport can be unpredictable so it is better to be prepared.

Walking shorts are ideal, or tracksuit bottoms or cotton trousers are fine.

Please avoid materials like denim, which can get heavy if wet and have thick seams which can chaff. The best option is to make sure that you leave home dressed in the attire you plan to wear for the event. That way you will know if what you have chosen is comfortable and suitable.

### What else do I need to bring with me?

As it is a 10 mile walk, please bring with you **a packed lunch**. You should also bring with you **a small rucksack** to carry your **spare clothing** and water bottle. We would recommend that you carry at least 2 litres of water with you. There will be water stops available on the day.

### How do I register for this event?

Simply by filling in this form and sending it back to the address on it, or turn up the day at 9:30am.

### How Much Training Will I need to do?

This will depend on how fit you are now and if you are already a regular walker. If you are in any doubt at all about your health or fitness we recommend you see your GP for advice.

It is important to remember that this event is a fundraiser for UNISON Welfare and not a race. The Scottish Regional Welfare Committee wants you to enjoy yourself on the day. We do appreciate your support and thank you for your participation.

