

Walk the Loch

Sunday 21st May 06
Loch Katrine

The Annual Scottish Welfare Committee fund raising event 'Walk the Loch' in aid of UNISON Welfare's Bucket and Spade Appeal, will be held on Sunday 21st May 06. The venue and therefore the meeting place will take place at Loch Katrine.

To register for this event please complete the attached form and return to K O'Neil, Unison, West Campbell Street. The cost for registration for this event is £6.50. 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 sited 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; 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
January 06**



How to get to Loch Katrine



Loch Katrine is located on the southern edge of the Highlands, giving easy access from the central belt. Access is by road via the A821 from Aberfoyle for Trossachs Pier or the B829 for Stronachlachar.

Parking for coaches and cars is available at both Trossachs Pier and Stronachlachar.

Registration for Walk the Loch

Registration can also take place at Loch Katrine between 9:30 and 10:00am. 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

UNISON Scotland Welfare Committee



Walk the Loch

Sunday 21st May 2006

Name _____

The above named person is undertaking a challenging 14-mile walk along Loch Katrine to raise funds for the UNISON BUCKET AND SPADE APPEAL. All of the money raised will go straight to this appeal. We value your support and any amount will be gratefully received.

[illegible]

Name	Contact address & telephone number	Amount pledged	Donated

Bucket & Spade Appeal

UNISON Welfare is UNISON's unique charity providing support to UNISON members and their families. The Bucket and Spade Appeal was set up to help families experiencing difficulty and distress to benefit from a family holiday.

By taking part in **Walk the Loch**, you will be raising funds for the UNISON Welfare Bucket and Spade Appeal.

Every single penny of the sponsorship money you raise will go to this appeal no sponsorship money raised is used to pay for any of the costs of this event.

UNISON Welfare is a registered charity (No 1023552)
 To find out more on UNISON Welfare, contact:
UNISON Welfare
 1 Mabledon Place
 London WC1H 9AJ
 Tel: 020 7551 1620 Email: welfare@unison.co.uk

UNISON Scotland Welfare Committee



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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 Loch Katrine can be unpredictable so it is better to be prepared.

Walking shorts are ideal, but you might not want to display your knees, some track suit 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 have walked in whatever you plan to wear before you arrive 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 14 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. Scottish Regional Welfare Committee want you to enjoy yourself on the day. We do appreciate your support and thank you for your participation.

