

The Get up and Go World Walk activity pack

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children



Barnardo's

For all members



The World Walk

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Barnardo's adheres to the Fundraising Promise and Fundraising Standards Board guidelines. Barnardo's Registered Charity Nos. 216250 and SC037605

Introduction



Get Up and Go!

Barnardo's is very proud to be a charity partner of The Boys' Brigade Get up and Go appeal. Barnardo's believes in children – no matter who they are, what they have done or what they have been through. Whatever the issue from drug misuse to disability; youth crime to mental health; sexual abuse to domestic violence; poverty to homelessness, we know that with the right committed support and a little belief, even the most vulnerable children can turn their lives around.

What is The World Walk?

The World Walk is a sponsored one mile walk for Boys' Brigade members of all ages, an event you can really put your own stamp on. This is an opportunity for everyone to join in a celebration of the fantastic work of The Boys' Brigade while raising much needed funds for Barnardo's. Our guide will give you all the information you need to start planning your event.

Taking part in The World Walk is flexible and fun, there are literally no limits to what you can do! This event will inspire your members to think creatively and work together, gaining valuable organisational and planning skills while raising vital funds for Barnardo's. It's also a fantastic opportunity to learn about other countries and cultures – it's a big world!

Please help

Donations are vital to Barnardo's; last year we spent over £174 million on providing more than 400 vital services to children. We really need your support so that we can continue to help some of the most vulnerable and disadvantaged children and families in the UK.

Please encourage your members to support Barnardo's and together we can raise funds to ensure that those who desperately need our help continue to receive it.

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Leaders' notes

Welcome to The Boys' Brigade World Walk!

The World Walk is a sponsored one mile walk for Boys' Brigade members of all ages. It is an opportunity for everyone to join in a celebration of the fantastic work of The Boys' Brigade, while raising much needed funds for Barnardo's.

Your World Walk guide

- Plan your one mile route and recruit some volunteers to marshal it. Place your marshals at regular intervals along the route to ensure people stay on track and give them some encouragement along the way! Don't forget to check your plans with the local council or landowners.
- Make it interesting! Choose a country for your group to focus on and theme your event around it. You could dress up in the colours of its flag, in its football kit or in its traditional costumes. Decorate your route and start and finish lines with flags from your chosen country and write signs of encouragement in its language (with a written translation if needed).
- Invite the local community! Once everyone has crossed the finish line it's time to celebrate! At your celebration event have a cook-out using recipes from your chosen country, and get in the mood for dancing by playing its traditional music.
- Get noticed! Why not get your group in the local news? You can promote your group and Barnardo's work with disadvantaged children. Contact local media with details of your event.
- And please...get sponsored! The World Walk is a great day out and a fantastic opportunity to learn about other places and cultures – but it's also about raising as much money as possible for Barnardo's, and to get as many donations Gift Aided as you can. We really hope you enjoy collecting sponsorship from family and friends, all for a great cause!

Easy extras to make your party go with a bang!

Singalong

Use traditional songs from your chosen country, or the national anthem.

Quiz

Get everyone learning some interesting facts.

Dance class

Ask someone with rhythm to get everyone dancing.

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World Walk – Health and safety Guide

Here's a checklist to help ensure your activities are safe.
Remember Barnardo's cannot accept liability for accidents.

Venue

- If your event is on private property, get permission from the owner or manager.
- Ensure the venue is suitable for your event and that your numbers do not exceed the safety capacity of the venue.
- Check that there are adequate facilities for disabled people.
- Make sure that your event is adequately supervised or marshalled.
- Ensure that fire exits are free from obstructions at all times and that there is enough space for safe evacuation of the site.

Equipment

- Ensure all portable electrical equipment has been tested and is safe to use.
- Ensure all equipment is in good repair, has been tested and is safe to use. It should only be operated by competent people.

First aid emergency measures

- Ensure you have adequate emergency and first aid procedures for your type of event.
- Make sure you know where turn-off valves and fire extinguishers are located.
- Make sure there is a telephone available.

Food and refreshments

- If you sell or process food you are legally responsible to do so safely and hygienically. Useful reading for all food handlers are the **Guide to food hygiene** and **Beat the barbecue bugs** by the Food Standards Agency.
www.food.gov.uk/multimedia/pdfs/foodhygieneguide.pdf
www.food.gov.uk/multimedia/pdfs/barbecue_bugs_final.pdf

Children

- Never allow children under 16 to collect money from the public without an adult.

Insurance

- As Barnardo's cannot accept responsibility for accident, injury, loss or damage as a result of your event, we strongly recommend that you check you have adequate insurance (e.g. public liability insurance) and that you take all reasonable steps to ensure the safety of all concerned.

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The Boys' Brigade World Walk

(Name)

Made a difference by
taking part in
The World Walk



thank
you

The Boys' Brigade and
Barnardo's would like to
thank you for showing
you believe in children.

(Date)

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 **Barnardo's**

THE BOYS' BRIGADE 
>the adventure begins here

Get UP And GO 
Raising Awareness Raising Money Getting Involved

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and Fundraising Standards Board guidelines.
Barnardo's Registered Charity Nos. 216250 and SC037605 13281js10

Activity pack

Worksheet

How much do you know about other countries?

Once your members have chosen the country they want to theme their event around you can start exploring!

- Explore culinary traditions from other countries and cultures. Have each student make a recipe from another culture and bring it along to share.
- What is the weather like in your chosen country? Is it scorching hot or freezing cold? How does this impact on daily life? For example in Canada some shopping centres are built underground because of the plummeting winter temperatures.
- Explore entertainment and games from other cultures and countries. Play some games from other cultures. Are they similar to any games that you are familiar with or are they completely new?
- Research famous buildings and architecture from other countries, for example the Pyramids in Egypt or the Eiffel Tower in France.
- Explore the holidays and traditions celebrated by different countries and cultures. How are they different from those you celebrate? When are they celebrated?
- Learn the language – you could learn how to introduce yourself and say hello and goodbye!
- Ask your members to find out 10 interesting or unusual facts about the country they have chosen.



你好



au revoir!



hola!

The Boys' Brigade World Walk sponsor form

(Name) _____ is raising money for the Boys' Brigade Get up and Go Appeal by taking part in the World Walk.

First name	Surname	Home address (house number, street and town)	Postcode	Amount donated	Gift Aid please sign	Date paid (dd/mm/yy)
1 Mark	Sample	4 Donation Road, My town	AX 7 4 LE	£2	<i>Sample</i>	04/02/09
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
The total is...						

We, who have given our names and addresses above, and who have signed the box entitled 'Gift Aid', want Barnardo's to reclaim tax on the donation detailed above. We understand that each of us must have paid an amount of Income Tax or Capital Gains Tax equal to the tax reclaimed by the charity on the donation.

Please return this form with your donation to your group leader. This will enable Barnardo's to claim Gift Aid.

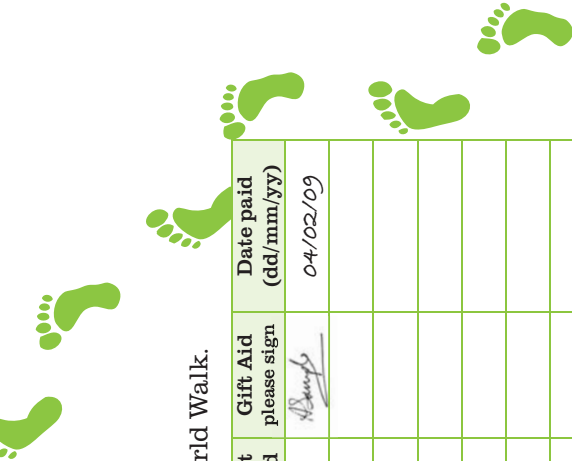
Increase your donation by 25 per cent – at no cost to you – with Gift Aid. If you are a UK taxpayer please tick the Gift Aid box next to your name. Please ensure that every section is correctly filled in – with no ditto marks. Thank you.

Where does the money go? £5 could buy a hot dinner for a homeless child at a Barnardo's project. Just £10 could pay for a birthday or Christmas gift for a child experiencing domestic violence. £50 could cover the weekly cost of running a community youth group for children in a deprived area.

Barnardo's values your support and promises to respect your privacy. The data we gather and hold is managed in accordance with the Data Protection Act (1998). We will not disclose, or share personal information supplied by you, with any third party organisations without your consent.

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Continued...

(Name) _____ is raising money for The Boys 'Brigade Get up and Go Appeal by taking part in the World Walk.

First name	Surname	Home address (house number, street and town)	Postcode	Amount donated	Gift Aid please sign	Date paid (dd/mm/yy)
1 Mark	Sample	4 Donation Road, My town	A X 7 4 LE	£2	<i>[Signature]</i>	04/02/09
19						
20						
21						
22						
23						
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37						
The total is...						

We, who have given our names and addresses above, and who have signed the box entitled Gift Aid, want Barnardo's to reclaim tax on the donation detailed above. We understand that each of us must have paid an amount of Income Tax or Capital Gains Tax equal to the tax reclaimed by the charity on the donation.

Please replace the cash donated with a cheque made payable to Barnardo's.

Increase your donation by 25 per cent – at no cost to you – with Gift Aid. If you are a UK taxpayer please sign the Gift Aid box next to your name. Please ensure that every section is correctly filled in – with no ditto marks. Thank you.