

London Spectrum Night Walk 2021!



Thank you for
joining the walk!

You'll find everything you need
in this pack to plan your evening
and raise some vital funds to help
create a society that works for
autistic people.

- Location and timings
- Routes
- T-shirts
- Frequently asked questions
- Sponsorship form



JustGiving page

Set up a **JustGiving page** and the money comes directly to us. By setting up a page through this link, you will be able to see the running event fundraising total and fundraising leaderboard to see how well you are doing!



Location

The starting venue is **The London Nautical School**. This is where you will start and finish the walk (5k, 10k and 15k).

The London Nautical School, 61 Stamford Street, Lambeth, London, SE1 9NA

The London Nautical School is accessible by road, bus, tube and car. The nearest tube stations are **Waterloo and Southwark**.



To find parking spaces, we recommend visiting www.parkopedia.com. Please make sure that you check opening and closing times of spaces available.

Timings

We will be staggering start times between 8pm and 8.40pm. This will spread out groups of walkers along the route. We will let you know your designated start time in August. When you arrive, you'll need to register at The London Nautical School at your allocated time. You will then be taken on the walk, with a reduced number of walkers and an event staff member leading the way.



Groups

We currently plan to have social distanced **groups of 20** walking together along the route.

We will be **following government guidelines** and will notify you of any changes via email and the **Spectrum Night Walks Facebook group**.

Deadline date

The **deadline** to book a place on the Spectrum Night Walks 2021 will be **12pm midday on 9 August**.

Routes

You are able to take part in a **5k, 10k or 15k route**, which you can decide on the night if you like. If you do decide ahead of time, letting your supporters know may encourage sponsorship! The routes are as follows:

London Spectrum Night Walk 5k route

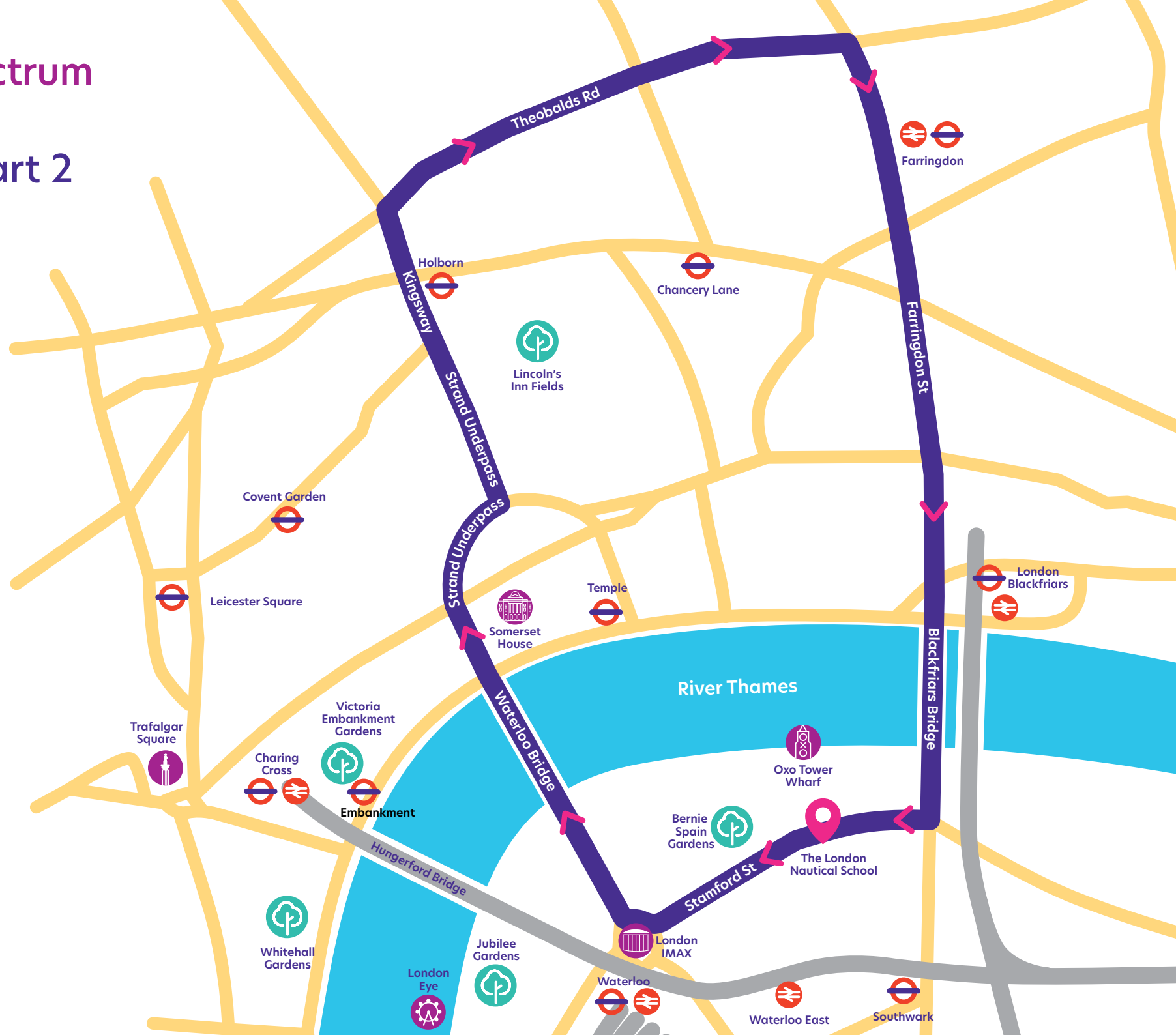
(also part 1 of the 10k and 15k routes)

- 5k route
- London Underground
- London train station
- Park
- Landmark
- Start/Finish
- Direction of walk



London Spectrum Night Walk 10k route, part 2

- 10k route
- London Underground
- London train station
- Park
- Landmark
- Start/Finish
- Direction of walk



London Spectrum Night Walk

15k route, part 3

15k route

London Underground

London train station

Park

Landmark

Start/Finish

Direction of walk



T-shirts

You will receive a free Spectrum t-shirt for taking part in the Spectrum Night Walks. The t-shirt will arrive before the event takes place in August.



Frequently asked questions

What about refreshments?

We will have water available at The London Nautical School. Please do bring your own drink with you to minimise contact with others. We will not be serving teas and coffees this year to reduce social contact. We will not be serving any food so please ensure you have had a good meal in preparation for the walk!

Will I need to wear a face covering and use hand sanitiser?

You will need to wear a mask or face covering indoors, unless you are exempt. We recommend that you bring your own and your own hand sanitiser, to use regularly to clean your hands. We will however have a supply of masks and hand sanitiser available at The London Nautical School.

Will there be toilets available?

Toilets are available throughout the event at The London Nautical School.

Will I get a medal?

Absolutely! These will either be given to you on the night after completing your walk or you will have your medal posted to you following the event.

How can I speak to other people taking part?

 Join our [Spectrum Night Walks Facebook Group](#). Say hello and share your stories, support and encouragement.



Do I need to raise the £100 per participant minimum sponsorship?

Yes. We set a £100 minimum to make sure the event costs are covered, while raising funds to support our work, such as our vital support services and groundbreaking awareness campaigns. If you need help with your Spectrum Night Walks fundraising ideas, please contact events @events@nas.org.uk.

Can we raise the money as a team?

Certainly! For example, if you are a family of four, you can work together to raise the £400. Sometimes one team member takes on more of the fundraising.

How do I add more people to my team?

Please book another place  [online](#) and add your team name in the participant details section. You will find this section in your **order confirmation email**.

Can I bring my dog?

Due to feedback following previous Spectrum Night Walk events, we are not allowing dogs to attend the walks this year. Guide dogs are an exception to this rule.

I have other questions, who do I ask?

We hope that this information pack has answered lots of your questions. If you have any more questions regarding the Spectrum Night Walks event then please contact @events@nas.org.uk or call  **0808 800 1050**.



Sponsorship form

Your contribution is hugely valuable to the work we do transforming lives, changing attitudes and creating a society that works for autistic people. Thank you for your support.

Spectrum Night Walk 2021!

Fundraiser's details

Title.....First Name I'm being sponsored to.....
Surname.....Postcode
Address When
..... Where

giftaid it

| Title | Name (please use full first and last names) | Home address | Post code | Amount sponsored | Amount received | Gift aid* | Date |
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Grand total: £

*** Yes, I wish the National Autistic Society to claim Gift Aid on all future donations and any made in the past four years to this date until I notify you otherwise.**

I confirm that I am a UK taxpayer and understand that Gift Aid is reclaimed by the charity from the tax I pay, currently 25p for each £1 given, and that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

Please notify the Charity if you want to cancel this declaration, change your name or full address, or no longer pay sufficient tax on your Income or Capital Gains.

Sponsorship form

**Spectrum
Night Walk
2021!**

| Title | Name (please use full first and last names) | Home address | Post code | Amount sponsored | Amount received | Gift aid* | Date |
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Marketing preferences

The National Autistic Society would like to keep in touch with you about our services, support, events, campaigns and fundraising. We'll only contact you in the ways you want, and we'll keep your data safe.

See www.autism.org.uk/privacypolicy for further details.

I agree to the National Autistic Society contacting me in the following ways:

- ☐ Post
 ☐ Email
☐ Telephone
 ☐ SMS text

(Please tick the appropriate box or boxes to ensure we can contact you)

If you would like to update your permissions at any time, you can contact us on **0808 800 1050** or at supportercare@nas.org.uk.

Thank you so much for contributing towards the work we do. With your support, we'll be able to transform more lives, change more attitudes and create a society that works for autistic people.

The grand total is:

£

How to send us the money you've raised:

- Fundraisers can send donations, ideally by cheque, along with your sponsorship form, to **Supporter Care Team, the National Autistic Society, 393 City Road, London EC1V 1NG.**
- All cheques and/or postal orders should be made payable to **'the National Autistic Society'**.
- Please don't send cash in the post, as it's not safe.