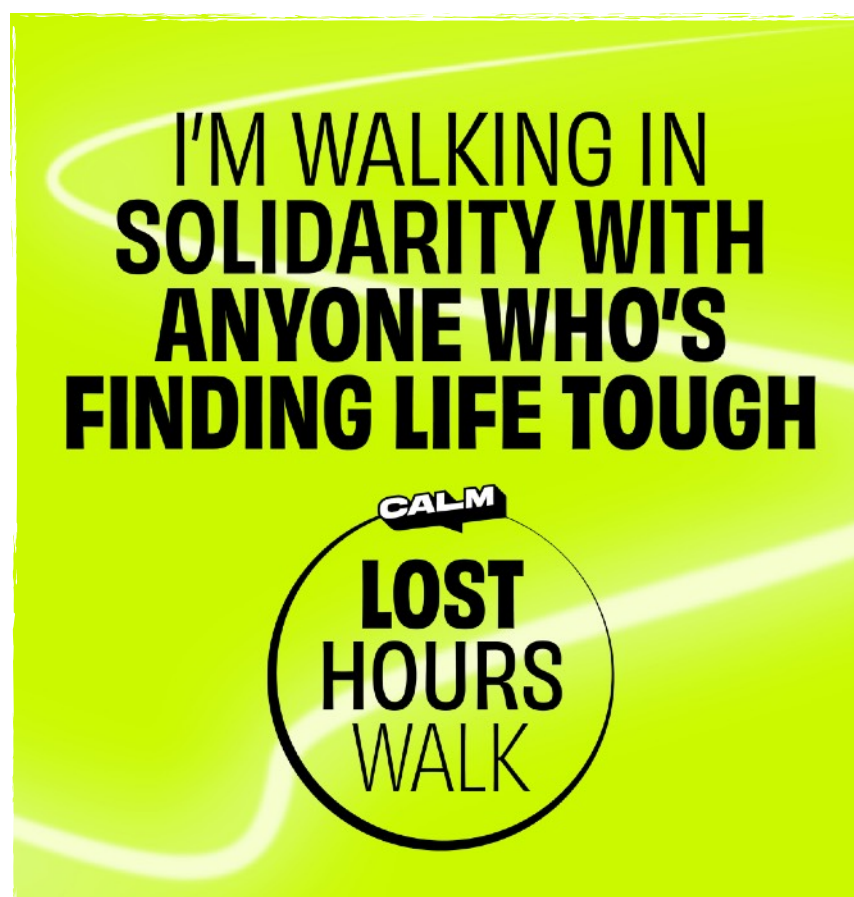


Lancaster Lost Hours Walk

in aid of
Campaign Against Living Miserably

Information Sheet (2022)



Meet at Market Square at 1pm. End at Tabletop Republic.

Walking distance: approximately 7km. Estimated walking time: 1.5 - 2 hours.

After we finish walking, anyone who wants to can join us at Tabletop Republic for some time unwinding, playing boardgames and chatting. Anyone who wants to join us at Tabletop Republic afterwards but doesn't want to walk will be most welcome. Also, we'd be grateful for people to cheer us on our route!

We are walking to raise awareness, so it will help if people can see visibly what we are doing and why. To help with this, you can print a 'race bib' from the CALM website (<https://www.thecalmzone.net/download-resources>) and write or put a picture there about why you are walking. T-shirts are also available from CALM, for a donation - if you would like one, please email RememberThomasGudgeon@gmail.com - Rebecca will put in an order.

The walk will take us around Lancaster city centre, going past each high school in Lancaster, in recognition that life is particularly hard for teenagers, and in support of every single person, of any age, who struggles sometimes.

If you want to fundraise yourself, you can download a sponsor form from the link above, and any money raised can be sent to CALM through our team JustGiving page (link below), or handed to Rebecca, who will transfer it to the charity. If you are 18 or over, you can set up your own JustGiving page for fundraising and link it to <https://www.justgiving.com/team/LancasterLostHoursWalk2022>. You don't have to fundraise to join in though!

For help with anything, or to ask any questions, please email RememberThomasGudgeon@gmail.com