



“As a Hummingbird, I get alongside those living with dementia. I’ll hold someone’s hand when they are sad. Sometimes it’s about being there and giving them a stroke and saying, ‘It’s going to be okay.’”

Susan, Shottermill House



PILGRIMS’  
FRIEND  
SOCIETY

# The PILGRIMAGE

Thank you for supporting Pilgrims’ Friend Society

A great way to raise funds for the work of our Hummingbird team is to take a walk! Hummingbirds are dedicated to connecting with people living with dementia, supporting all aspects of their life including spiritually.

## What this pack covers:

- Take part
- Plan your route
- Share your plans
- Agree a date
- Set up your Stewardship page
- Print sponsorship forms
- Tell everyone you know
- Pray
- Get going
- On your Pilgrimage



# Take part

Here are a few ways you can take part in this challenge:

- A solo walk along the route of your choosing
- A group walk along an agreed route
- Make one of our homes or schemes your starting or finishing point
- Stay local and do laps of your garden or park
- Go as far as you like
- Do it over a few days or sessions
- Find alternative methods of travel – ride a bike, row a boat, swim lengths



## Plan your route

This Pilgrimage is not an organised event by Pilgrims' Friend Society, so please do spend some time thinking hard about the route you plan to take.

If you are involving your friends and family, be sure that the route is safe for everyone involved and that you have planned for all eventualities including, for example, accessibility, distance, permissions from others, refreshment and comfort breaks and that mobile phone signals are strong in the case of an emergency.

Is the entire route suitable for walkers (or your chosen method of travel)?

If you're going with others, will the route be accessible to all? Will any of it be less suitable for some walkers, i.e. uneven/rugged or muddy etc.?

Is the distance doable? Don't be afraid to challenge yourself, but don't overdo it either!

Does any part of the route require you to ask permission from the local council or any landowners in order to use it?

Will there be amenities along the way?

Is a circular route the best option, starting and finishing at the same place? This does allow for refreshments, parking and toilets, as well as providing a base for any supporters or cheerleaders!

If you need ideas for routes, you could look at Walking Britain and National Trail.

## Group events

If you've decided to run an event for a number of people to take part in, you'll need to take some steps to make sure that everyone is safe.

- All under-18s must have a signed parental consent form and be accompanied by a named appropriate adult (this could be you, or it may need to be another adult)
- A First Aid trained person must be present
- You may wish to undertake your own risk assessment
- If it's a warm day, make sure there is water readily available
- If you decide to include food, the Food Standards Agency provides guidelines on how to prepare, handle and cook food for a public event
- Consider whether you need to have insurance in place
- Make sure there are appropriate facilities at the start and finish, and, if possible/required, along the route
- Try to make the journey during daylight hours



## Share your plans

Let the Pilgrims' Friend Society Support Office know your plans so that we can pray for you, both as you prepare and on the day. Get in touch with us by calling **0300 303 1403** or email **info@pilgrimsfriend.org.uk**

If you plan to include one of our homes or schemes in your route (i.e. as a starting or finishing point) please make sure you contact them to discuss how that will best work for everyone. You can find all the relevant contact details at **www.pilgrimsfriend.org.uk**

## Agree a date

Once you've spoken to anyone who will be involved in the day, agree a suitable date.



## Set up your Stewardship page

Stewardship makes it really easy for people to give online and keeps our administration costs low.

If you want to raise money for us and you've already got a Stewardship account, login and follow the instructions to set up a fundraising page.

If you've not yet got an account with Stewardship, visit **www.stewardship.org.uk** to set one up.

Stewardship is a Christian organisation which makes the most out of financial giving. You can give to multiple Christian causes through their services, and they work to support causes through financial giving.

## Print sponsorship forms

If you prefer to use paper forms, please print the page at the end of this pack. In order to keep people's data safe, please provide each participant with an individual sponsorship form. Once you have collected the sponsorship forms and all funds raised, please return everything, including a cheque made out to Pilgrims' Friend Society, to our office at 175 Tower Bridge Road, London, SE1 2AL.

## Tell everyone you know

Make sure your friends, family and local community know all about your endeavour. You can share your Stewardship page online via social media and email, or via messaging platforms including WhatsApp. You can always pop a notice in your church service sheet or magazine, or local community group newsletter.



We'd love to be able to share news of your events and photos across our social media channels. If you are connected to a home or housing scheme, please share these with the team at the home or scheme who will post them on the local Facebook page. Alternatively, email them to our Support Office **info@pilgrimsfriend.org.uk**

***NB All those in the photos must have given their consent.***

## Pray

As we all know, prayer is our firmest foundation! If you are setting out from one of our homes or schemes, or if you are participating in a group, take some time before you set off to pray and commit your journey to God. You could invite others who are sponsoring or supporting you to join you as well.



## Get walking!

Or running, or riding, or rowing... If you're planning on something a bit stretching in terms of distance or time, make sure you prepare yourself in advance with a few practice sessions.





# On your Pilgrimage

While you're walking, you might like to take some time to reflect as part of the traditional approach to a pilgrimage. Many Christians are familiar with the idea of our life being a journey, one which we walk with the Lord and through His leading and guiding. A walking pilgrimage can be a helpful time for personal reflection and prayer, so here are four areas that you might like to think through during the walk (or run or cycle) itself:

## What do you carry that is weighing you down?

As you've prepared for today, you've probably thought about only taking the things you really need. In life, are you carrying more than you need to? Is there anything that you need to strip away to make your journey easier?

## How is your journey with God?

God has promised us that He will never leave us – we know that He is journeying with us. Is there anything stopping you from receiving God's full companionship in your journey with Him?

## Who are you journeying with?

On a pilgrimage, you will cross paths with many people. In life we meet many people – some stay with us for the whole journey while others will only be with us for a season. Who is journeying with you through life? How are you showing them that you are grateful for their support on your life's pilgrimage?

## Where are you going?

The thing that makes a pilgrimage special is that it has a destination, a finishing point. Life is both about the journey that we make day by day, and the final destination. Where are you going?



**PILGRIMS'  
FRIEND  
SOCIETY**



Registered with  
**FUNDRAISING  
REGULATOR**

**Pilgrims' Friend Society**

175 Tower Bridge Road, London SE1 2AL

T: 0300 303 1400 | E: [info@pilgrimsfriend.org.uk](mailto:info@pilgrimsfriend.org.uk)

[www.pilgrimsfriend.org.uk](http://www.pilgrimsfriend.org.uk)

 @PilgrimsFS  @PilgrimsFS  @pilgrimsfriend

Pilgrims' Friend Society is a registered charity and a company registered in England and Wales. Charity No: 1045920 Company No. 3027071

# Sponsorship form



NAME

AMOUNT

ADDRESS

Postcode:

EMAIL

I'd like to receive updates from Pilgrims' Friend Society and I agree to their privacy notice which can be found at [www.pilgrimsfriend.org.uk/privacy](http://www.pilgrimsfriend.org.uk/privacy)

Turn over for Gift Aid or to sign up to receive our quarterly magazine

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# Gift Aid



I want to GIFT AID my donation of £ .....  
and any donations I make in the future or have made  
in the past 4 years to Pilgrims' Friend Society.

I am a UK taxpayer and understand that if I pay less 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 the difference. I understand the charity will reclaim 25p in every £1 that I give.

Signed ..... Date ...../...../.....

For us to claim Gift Aid, it is essential that you complete the address section above. Please notify the charity if you change address or no longer pay sufficient tax on income and/or capital gains.

I'd like to receive The Pilgrims' Magazine

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