



Every step makes a difference

TERMS & CONDITIONS

By completing the entry form, you are agreeing to these terms and conditions:

- You must follow the instructions of the organisers or their appointed agents.
 - You must satisfy yourself that you are fit to take part before entering the event and not be under the influence of alcohol or any other substances. If taking medication which could cause drowsiness, or other side effects, please seek medical advice before completing the entry form.
 - If you are registering someone under 16, you must be their parent or guardian, and you will need to sign the disclaimer notice on the child's behalf. Children must be accompanied by a responsible adult.
 - Stroke Association will take reasonable care to ensure that the event is conducted in a safe manner. Liability cannot be accepted for any damage, injury or loss arising directly or indirectly from the fault of participants.
- We reserve the right to prohibit individuals from taking part and to change the publicised route at any point up to the day of the event.
- No refunds can be given but named substitutions will be accepted.
 - Participants permit Stroke Association to use any photographs taken during the event for any advertising or editorial purposes, including on the Internet.

  Join our stroke community on Facebook and Twitter

The Stroke Association is registered as a charity in England and Wales (No 211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369).

Stroke
association

Join our walk and support life after stroke

Step Out for Stroke®



Entry form inside

Every step makes a difference

Stroke
association

Step out for Stroke is a fun sponsored walking event for the whole family. This year we're aiming to walk our way to a £250,000 fundraising target and are encouraging everyone to join in, regardless of age and ability, and enjoy the fabulous family-friendly atmosphere.



You can walk at your own pace and in your own time. Whether it's one step, 10 steps or a mile, every step counts because every pound you raise in sponsorship helps us to be there every step of the way for those whose lives have been touched by stroke.

Step out for Stroke is happening near you

Your closest event is shown in the accompanying letter, but remember, if this event isn't convenient, take a look on stroke.org.uk/stepout where there are another 50 or so to choose from!

Every step makes a difference

By taking part in one of our Step out for Stroke events you are helping to provide care and support for at least 1.6 million stroke survivors in the UK today. Shockingly, someone in the UK will have a stroke every 3 minutes and 27 seconds, including babies and children as well as adults, and thanks to you, we can be there for them.

So by joining our walk you can be certain that you are making a big difference to a stroke survivor's life after stroke.

Enter now

It costs £5.00 per person to enter, which includes your event t-shirt and an event pack, which we will post to you on receipt of your entry form. You can enter online at stroke.org.uk/stepout, or if it's easier, simply complete and return the attached entry form and post it back to Step out for Stroke, 1 Sterling Business Park, Salthouse Road, Northampton NN4 7EX.

Entry form

We recommend you enter online if possible at stroke.org.uk/stepout. Alternatively, please complete the form below.

Which event are you participating in?

Title: First name:

Surname:

Address:

Postcode:

Contract number:

Email:

Emergency contact name:

Emergency contact telephone number:

T-shirt: Child S M L XL

FUNDRAISING

How much are you aiming to raise? £ e.g. £100

Has your life been touched by stroke? If yes, would you be willing to share your story? Yes No

ENTRY FEE

I enclose a cheque for £5.00 payable to 'Stroke Association'

Please debit £5.00 from my debit/credit card

Type: Visa / Mastercard / Maestro (please delete as appropriate)

Card number: / /

Security code: (last 3 digits on signature strip)

Start date: / Expiry date: / Issue no:

Card holder's name (as printed on the card):

Signature: Date:

Registered card address (if different to address given above):