

ST PETER'S SPONSORED WALK on 12 September 2020

#LongDistanceSocial

COG is organising a sponsored walk in aid of Shakti Women's Aid. They are an Edinburgh-based group who support BAME women and children who've suffered domestic abuse. We'd like as many people to take part as possible. Don't worry if it's difficult to collect sponsors right now – just make a small donation from yourself and join in with the walk anyway.

Where is the walk? That depends on where you live! This will be a social distanced contactless relay walk. You can participate by cycle as well to increase the distance we cover. We hope we can join up and cover much of the city and see each other a bit too!

To take part, please email the following details to lizhare@blueyonder.co.uk and we'll send you a short route as close to your home as possible while joining up with the other participants at the same time. More details will follow.

Name: _____

Address: _____

Telephone: _____

Emergency Contact on the day (Name and Telephone): _____

The aim is to connect as many sections as possible. An average estimate of 20 minutes for a one-mile walk, or 30 minutes for a 5-mile cycle. If you are a keen walker or keen cyclist, then by all means challenge yourself to a longer stint as you fill in the information below.

Preferred mode of participation: Walk Cycle

Distance wish to walk/cycle :

½ mile 1 mile 2 mile 3 mile 5 miles 10 miles

There are many ways for family and friends to support your sponsored walk while keeping social distanced, through email and bank transfer.

COG ACCCOUNT NUMBER: 17078567, SORT CODE: 80 22 60. Or you can post a cheque payable to St Peters Community Outreach Group to Liz Hare, 46 Hazelbank Terrace EH11 1SN.