

Manchester Spectrum Night Walk 2022!

Sat 2 April



National
Autistic
Society

World Autism
Acceptance Week
28 March – 3 April 2022



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!

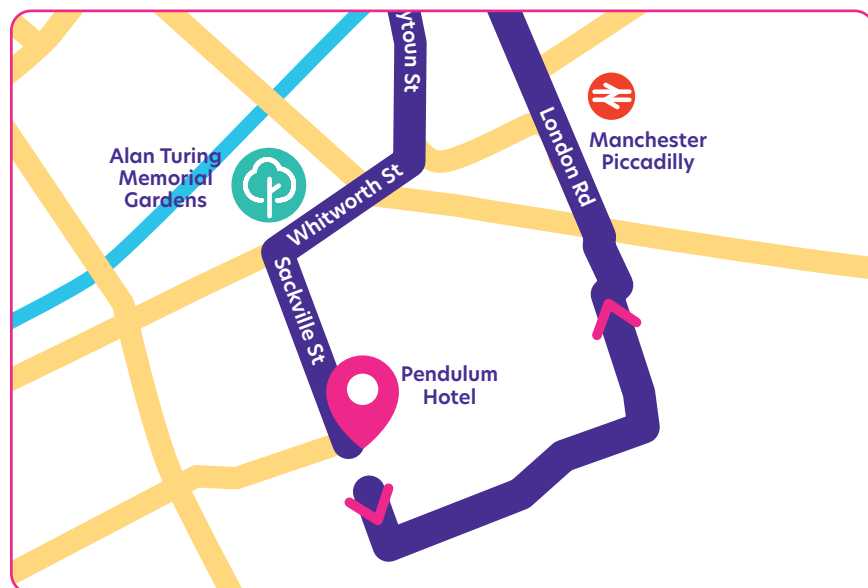


Location

The starting venue is the **Pendulum Hotel**.

This is where you will start and finish the walk (5k, 10k and 15k).

Pendulum Hotel, Sackville St, Manchester, M1 3BB



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

Timings

Registration opens from 6.30pm at the Pendulum Hotel. The walk starts at 8pm and each route takes approximately one hour with rest times between. The event will finish around midnight for walkers who complete the whole 15K route.



Groups and single walkers

We expect to welcome groups and also single walkers to the event. Please let one of our registration staff know if you would like to be introduced to others.

We will be **following any Government guidelines** and will let you know of any changes via email and on the **Spectrum Night Walks Facebook group**.

Deadline date

The **deadline** to register for Spectrum Night Walks is midday on **Saturday 19 March**. To take part, you will need to supply all the information requested on the participant forms sent at registration.

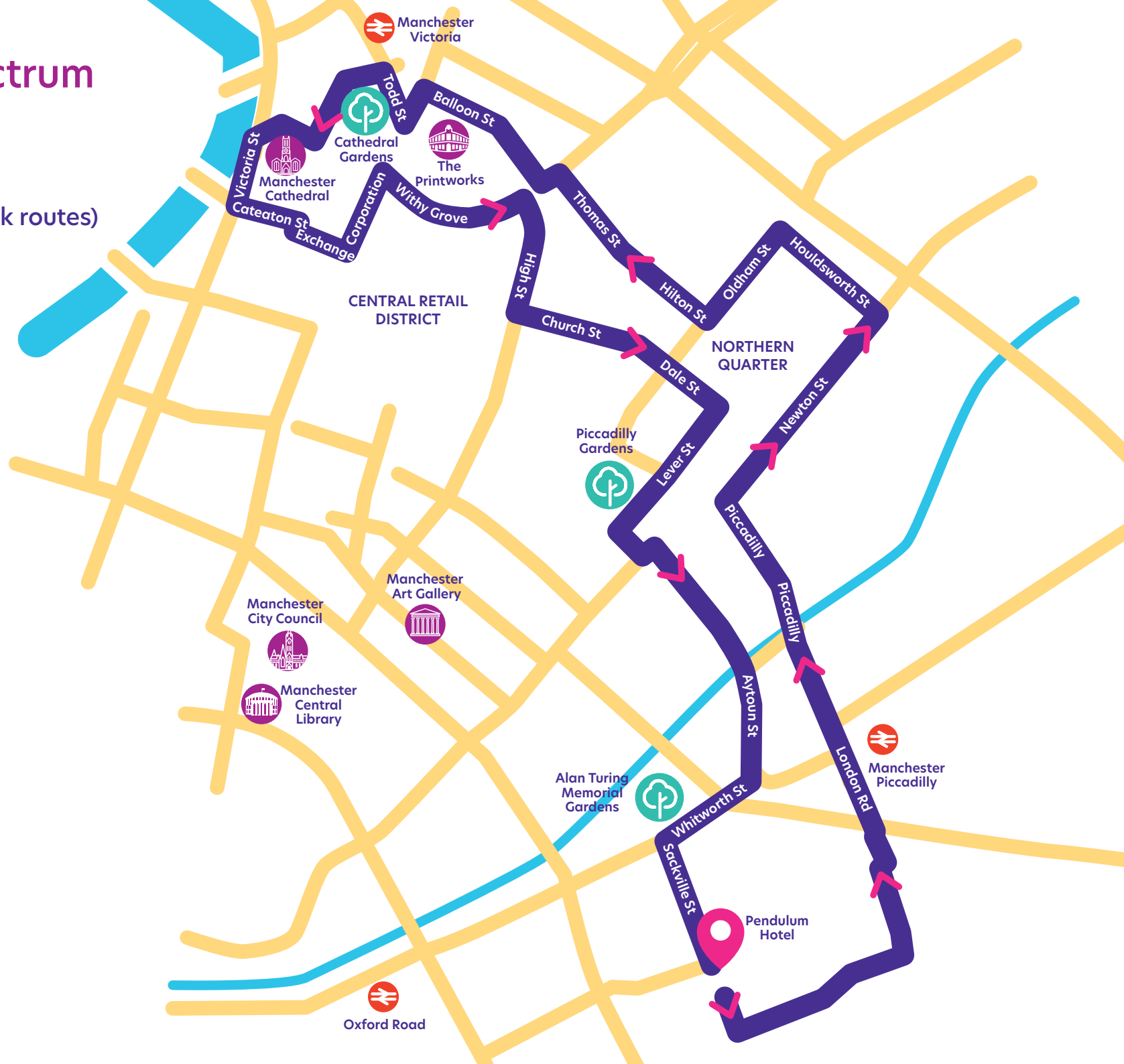
Routes

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:

Manchester Spectrum Night Walk 5k route

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

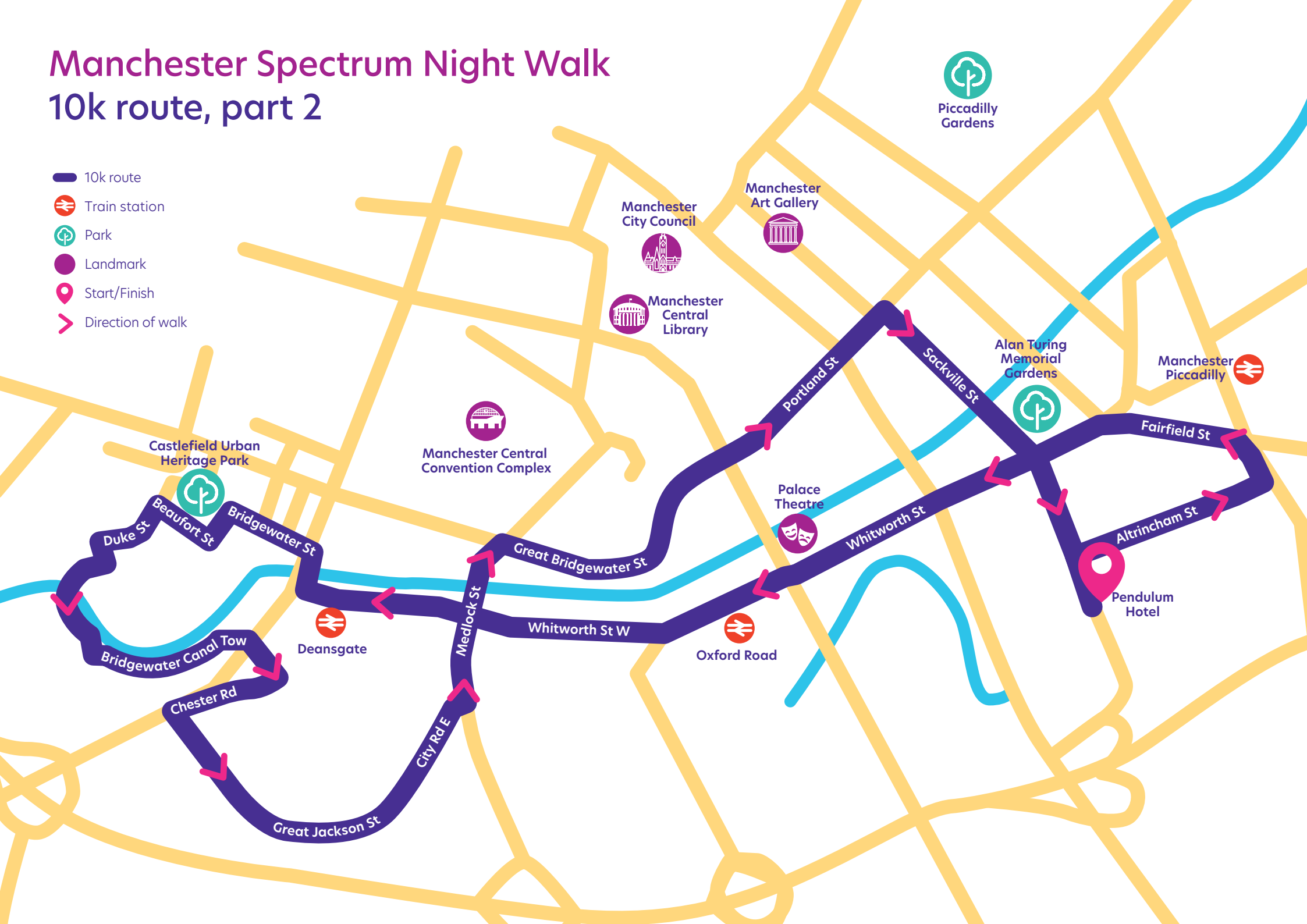
- 5k route
- Train station
- Park
- Landmark
- Start/Finish
- Direction of walk



Manchester Spectrum Night Walk

10k route, part 2

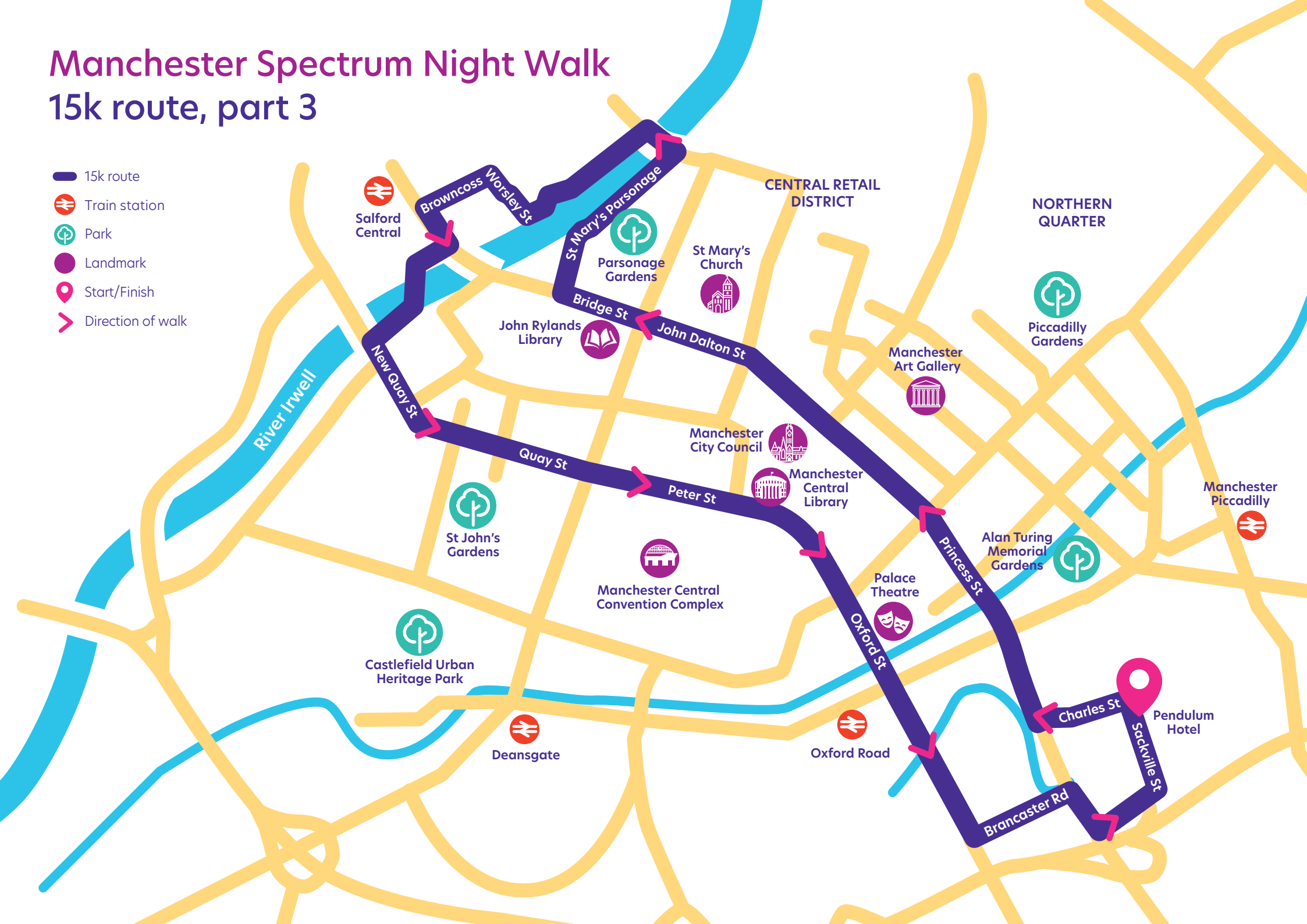
- 10k route
- Train station
- Park
- Landmark
- Start/Finish
- Direction of walk



Manchester Spectrum Night Walk

15k route, part 3

- 15k route
- 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 April.



Frequently asked questions

What about refreshments?

We will have water available at the Pendulum Hotel. Please do bring your own drink/water bottle with you. We will not be serving any food so please make sure you have had a good meal in preparation for the walk.

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

Please follow the current guidelines at the time of the event. We would prefer you to wear a mask or face covering indoors, unless you are exempt, to keep everyone safe and happy.

We recommend bringing hand sanitiser, to use regularly to clean your hands. We will also have a supply available at the Pendulum Hotel.

Will there be toilets available?

Toilets are available throughout the event at the Pendulum Hotel.

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 to the team, share stories of training, fundraising and receive instant event updates.




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 @fundraising@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 your team name 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 and official assistance dogs are an exception providing prior notice.

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 please contact @fundraising@nas.org.uk or call [0808 800 1050](tel:08088001050).



World Autism Acceptance Week

28 March
- 3 April
2022

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

[illegible]

*** Yes, I am a UK taxpayer, and 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.

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- Fundraisers can send donations, ideally by cheque, along with your sponsorship form, to **Supporter Care Team, the National Autistic Society, 393 City Road, London EC1Y 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.