

Spectrum Colour Walks



London -
Battersea Park

World Autism
Acceptance Week

27 March - 2 April 2023

Spectrum Colour Walks

World Autism Acceptance Week 2023

Thank you for joining the walk! You'll find everything you need in this handy pack to plan your day. Let's come together to walk, raise vital funds and help create a society that works for autistic people.

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Sunday 2 April



Event details



Location

The starting venue is The Bandstand, Battersea Park, London SW11 4NJ.

This is where you will start and finish the 5k walk.

The park is accessible by road, bus, tube and car. The nearest tube/train station/bus stop is Battersea Power Station/Battersea Park Station/Battersea - 44, 344, 137, 452, 156/Battersea Bridge 19, 49, 170, 319, 345.

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



Timings

Our welcome desk opens at 1pm. The walk starts at 2pm and will end at approximately 3.15pm.



Groups and single walkers

We expect to welcome families, groups and single walkers at this event. Please let one of our team know if you are a single walker and would like to be introduced to others.

We will follow any COVID-19 safety measures introduced by the Government. This will be communicated to you by email and our [Facebook group](#).






Participant information form - **Important deadline date**

To take part, we require all participant information by midday on **Monday 20 March**. This is important to ensure the event runs smoothly and we have all relevant medical details to keep you safe on the day.

Battersea Park

London route



-  **Start/Finish** The Bandstand
-  **Route** This is a 2.5k route that loops twice
-  **Direction**

Frequently asked questions

Do I get a t-shirt? You'll receive a free Spectrum T-shirt which will arrive before the event takes place in April.

Do I need to dress up in colours? We'd love you to come wearing your t-shirt and brightly dressed. You may decide to pick a favourite colour, or accessories might be your thing. Please come however you feel comfortable.

What about weather? This event will be an outdoor, all weathers event, so please come dressed appropriately. We will update you on our Facebook group if the weather or outside circumstances affect this event.

Will there be coloured powder or anything else we should be aware of? This is, first and foremost, an autism-friendly event; as such, we will not be using coloured powder. We suggest you come with clothing and accessories to represent the walk. We'll also update you in the [World Autism Acceptance Week Facebook group](#) of any further event details nearer the time.

What about refreshments? We will have water available at Battersea Park. Please do bring your own drink/water bottle with you. We will not be serving food, so please make sure you have had a good meal in preparation for your walk.

Will there be toilets available? Toilets will be available throughout the event, and we advise you to be mindful of this before the start time.

Will I get a medal? Absolutely. This will be given to you after you have completed your walk.

How can I speak to others taking part? Join our [World Autism Acceptance Week Facebook group](#). Say hello to the team, share your story, training, fundraising progress and receive updates.

Do I need to raise the £100 per participant minimum sponsorship? Yes. We set a minimum of £100 to make sure the event costs are covered, whilst raising vital funds to support our work, such as our support services and ground-breaking campaigns. If you need help with your fundraising, please contact fundraising@nas.org.uk.

Can we raise money as a team? Certainly. If you are a group, you can work together and raise the minimum sponsorship per participant. We do however understand that it can be hard to meet that target with smaller children so if you are a family, we suggest you raise £250.

How do I add more people to my registered team? Please book another place online and add your team name in the participant details section.

Can I bring my dog? We will not be allowing dogs on the walk. Autistic people will be present and we want to ensure everyone is comfortable. Guide and assistance dogs are exempt with prior notice.

I have other questions, who do I ask? Please contact fundraising@nas.org.uk or call 0808 800 1050.



Why I took part in World Autism Acceptance Week

Meet Steph and Imogen

Last year, we attended the Spectrum Night Walk in London (our previous fundraising walk for World Autism Acceptance Week). Imogen had just celebrated her birthday a couple of days before. The experience was amazing; everyone came together, and we all encouraged each other to keep walking. The volunteers helped us feel comfortable and at ease. Imogen even made friends with some of the volunteers and still talks about them to this day.



What's your fundraising tip?

Don't feel worried if you feel you are constantly posting your JustGiving link. Some people may be waiting until payday and then forget where to find the link.

Imogen was diagnosed with autism and ADHD in 2021. Steph and her son Harry are also in the process of getting a diagnosis.

Why get involved in World Autism Acceptance Week?

Autism Acceptance week is extremely important, as so many more people are starting to understand. More businesses are creating social stories, tourist attractions are becoming autism-friendly, and more people are now being diagnosed after reading about autism and realising that they are autistic themselves.

World Autism Acceptance Week is about encouraging autism acceptance and raising funds to continue the work we do. What does autism acceptance mean to you?

"Autism acceptance to me, is being able to be yourself without the fear of judgement and all establishments being accommodating to those who are autistic."

Harry Wells, Leicester Tigers rugby player, dad to Oscar, who is autistic, and National Autistic Society ambassador



Fundraising - top tips and more

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 fundraising total and leaderboard to see how well you are all doing.



Top tips for raising your target

- Set up an online giving page with our help.
- Share your story - if you are comfortable telling people why this means so much to you, it will lead to more donations. Just be honest and include photos if you can.
- If you want to receive cash donations, use our handy sponsorship form in this pack. You can donate the cash to your giving page on behalf of those who've given.
- Did you know we have a dedicated [JustGiving World Autism Acceptance Week](#) page? Please register here and join our leaderboard. If you prefer a Facebook fundraiser, you can get started [here](#).
- Join the [World Autism Acceptance Week Facebook group](#). It's a great place to gain inspiration, get support and find others doing the same.
- Here's our handy list of fundraising ideas for inspiration. You can also find all of our fundraising resources [here](#).
- If your story is one of interest, could you consider letting your local media know about your walk? Contact us for a template press release and support with this.
- Consider everyone's networks - at school, work and in your community. Share your plans and ask for help, for donations or for some support getting your voices heard.



Why I took part in World Autism Acceptance Week

Meet Taylor

It couldn't have been a more amazing experience for my first sponsored walk. You get a real sense of community. To see so many people from different walks of life come together for a cause that's so close to all of our hearts was a really grounding moment for me. It was really something to experience.

What's your fundraising tip?

Use social media as much as possible. Create your fundraising page, share it on all platforms and then get your friends and family members to share it as well. If people can't donate, ask them to help by sharing too. This not only helps to get donations, but also helps to spread awareness.

Why get involved in World Autism Acceptance Week?

It spreads autism awareness, which in turn generates more acceptance and exposure.



Taylor, Carrie-Jade and Kelly - The A Team

Taylor has two autistic twin brothers, Danny and Sonny, 16, two autistic nephews and three autistic nieces and grew up in a very inclusive family.



World Autism Acceptance Week is about encouraging autism acceptance and raising funds to continue the work we do. What does autism acceptance mean to you?

“Being comfortable having a conversation about how my brain works differently and how this might hinder and help my personality.”

Chris Packham CBE, autistic man and National Autistic Society ambassador

Where the money goes

Every little really does help towards hitting our target and changing the lives of autistic people and their families. For example:

Be part of growing the biggest source of autism knowledge. £5 could help keep our website up to date with the latest vital advice and guidance.



Provide a safe place for autistic people and their families. £15 will ensure the online community is there for everyone who needs it.

Ensure parents always know their rights. A total of £500 could help 12 families receive support from our Education Rights line.

Be part of the change. Raising £1,000 could ensure we can keep putting pressure on the Government to be there for autistic people and their families.



Champion autistic talent, help close the employment gap. A total of £5,000 could enable a job coach to support an autistic person into paid employment.



Support autistic people to overcome loneliness and isolation. Raising £10,000 could help fund running costs for three of our 116 community branches.

How to pay in your fundraising



Once you have collected all the money you have raised, you can donate through the following ways. Please make sure to tell us your name and reference **Spectrum Colour Walks**.

Pay in or donate online

If you have already raised money, or want to make a one-off donation, you can donate it online.



By post

Your friends and family may like to give you cash or cheques (which should be made payable to you). We then ask you to send us one cheque, payable to 'The National Autistic Society'.

Please send your cheque to:

The National Autistic Society, 393 City Road, London, EC1V 1NG.

Please do not send cash through the post.



By bank transfer

Account/Business Name: The National Autistic Society

Sort code: 20-00-00

Account Number: 70800996



At a Barclays bank

Email fundraising@nas.org.uk to request a paying-in slip, which you can use to pay in the money you've raised at your local branch of Barclays.



Sponsorship form

Your contribution is hugely valuable to the work we do transforming lives, changing attitudes and creating a society that works for autistic people. Thank you for your support.

World Autism Acceptance Week

27 March - 2 April 2023

Fundraiser's details

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

giftaid it

Title	Name (please use full first and last names)	Home address	Post code	Amount sponsored	Amount received	Gift aid*	Date

Grand total: £

* 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.

Sponsorship form

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giftaid it

Title	Name (please use full first and last names)	Home address	Post code	Amount sponsored	Amount received	Gift aid*	Date

*** 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.

Marketing preferences

The National Autistic Society would like to keep in touch with you about our services, support, events, campaigns and fundraising. We'll only contact you in the ways you want, and we'll keep your data safe.

See www.autism.org.uk/privacypolicy for further details.

I agree to the National Autistic Society contacting

me in the following ways:

- Post Email
 Telephone SMS text

(Please tick the appropriate box or boxes to ensure we can contact you)

If you would like to update your permissions at any time, you can contact us on **0808 800 1050** or at **supportercare@nas.org.uk**.

Thank you so much for contributing towards the work we do. With your support, we'll be able to transform more lives, change more attitudes and create a society that works for autistic people.

The grand total is: £

How to send us the money you've raised:

- Fundraisers can send donations, ideally by cheque, along with your sponsorship form, to **Supporter Care Team, National Autistic Society, 393 City Road, London EC1V 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.

