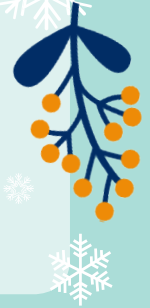


Plan a Mistletoe Memory Walk in your community

Get involved this winter!



Sign up as a larger group

This Christmas we would love for everyone to Walk to Remember and organise a Mistletoe Memory Walk in your community. You will receive your free Sands mug as the leader of the group and all who take part will receive their Mistletoe Memory Walk medal*.

Whatever group, club, society or school you belong to why not get everyone walking this winter and raise funds for Sands at the same time.

* as long as registered via this link

How you could get involved:

1. Sign up and tell us you are walking as a group - [need link to registration form](#)
2. Organise your walk to coincide with a fundraising event in your community
3. Fundraise for Sands. We would suggest groups of for 6+ aim to raise a minimum £250

The options are endless and you can be as creative as you like. We just ask you to get walking this winter and fundraise for Sands.

With your help we will help save babies lives

Ideas for your group walk

- * How about a fancy dress day at school on the last day of term or at the winter fair? As part of the day everyone could walk a mile to keep active in the wintry weather with all donations and proceeds going to Sands.
- * Bake your own gingerbread men to sell at work. One lunchtime get the team or department walking for 20 minutes to break up their day and celebrate back in the office with a hot chocolate and a gingerbread man cookie!
- * At nursery perhaps children could decorate cupcakes with snowflake icing and walk during lunch. The parents could then donate to buy the cupcakes at the end of the day?
- * At your local park arrange to meet everyone on a weekend in December to do a lap of the park. At the end you'll be there with a flask of hot chocolate and yummy treats which everyone can buy for a donation. Or maybe ask the local park café to donate 10% of their takings from that morning to Sands.



Walk to Remember