

# The Bluebell

Sponsored walk

Name .....

Address .....

Postcode .....

Tel: .....

email .....

Intended distance (Please circle)

18  
miles

13  
miles

7  
miles

3  
miles  
Ideal for families

Pace (Please tick one)

Comfortable

A little faster

Power walking (18 miles only)

Food at the end of the Bluebell Walk? Yes / No

If Yes do you require Vegetarian / Vegan

I enclose my registration fee of £7.50

(Cheques made payable to St. Albans Lions Club)

On receipt of your registration fee you will be sent a 'Walking Pack' of information.

Please send this form and your registration fee to:

Lion Willie Martin, 2 Hunt Close

St Albans, AL4 9JH

Tel; **01727 760904 / 01727 731002** (Grove House Events Hotline)

Applications to be returned by Friday 16th April 2010



Now in its 7th year, the Lion's Bluebell walk has become a perennial favourite with Grove House supporters. The route (either a 3, 7, 13 or 18 mile walk) takes you along the delightful footpaths and bridleways of Hertfordshire and finishes at Nicholas Breakspear School where all participants will receive a hearty meal. Whichever route you choose, beautiful scenery will await you, including the first bluebells of the year. All the walks are led by a guide who will ensure that everybody is well looked after and that a comfortable pace for all participants is set.

You can help make this a special day for local people with cancer or other life-threatening illnesses by raising sponsorship or donating money to Grove House, The local hospice supporting people in St Albans, Harpenden and Hemel Hempstead areas. This charity provides more than 9,000 free treatments and consultations each year to people who have life-threatening illness, and their families.

Your support can make a real difference to local people diagnosed with cancer or any other life-threatening illness. Please remember to ask your friends, family, work colleagues and others to sponsor your efforts in walking the Lions' Bluebell Walk. We will supply sponsorship forms, or you can set up your own personalised online sponsorship page by visiting: [www.justgiving.com/grove-house](http://www.justgiving.com/grove-house) and following the simple instructions.

It costs over £1.3 million a year to run Grove House. This important local charity relies on fundraising to continue to help people who are going through a very difficult time. In 2010 Grove House will establish its new Hospice at Home service as fully operational 24 hours a day, 7 days a week. This amazing service will support local people who choose to spend the final days of their illness in the security and comfort of their own home. The money raised by the Lions' Bluebell Walk will help pay for this service and the many other free services offered by Grove House.

St Albans Lions Club  
Presents



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Sponsored walk

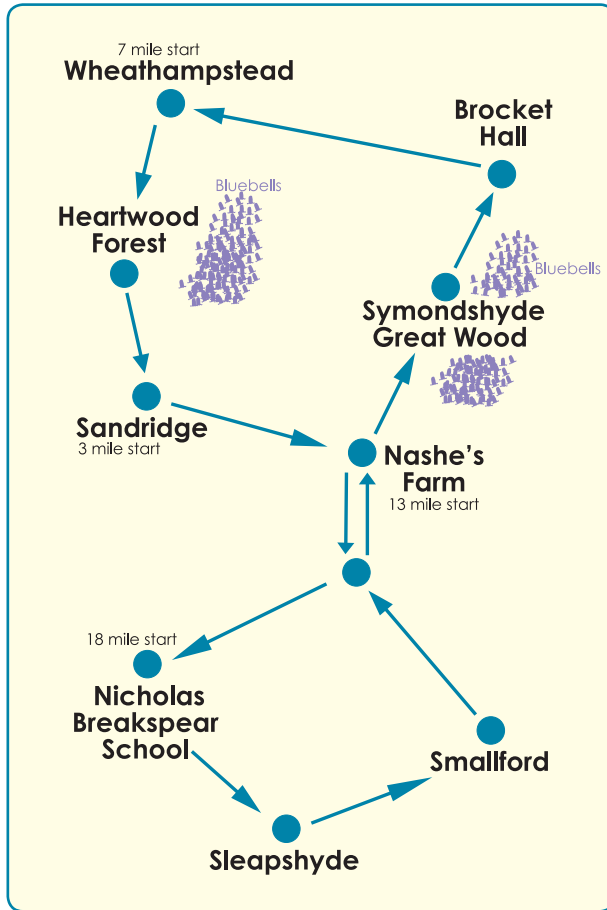


**Sunday 25th April 2010**

in aid of



## The Bluebell Sponsored Walk Map



### Start Times

10am	12midday	2pm	3.30pm
18 miles	13 miles	7 miles	3 miles <small>Ideal for families</small>

Food will be served from 5pm onwards, at Nicholas Breakspeare School, Colney Heath Lane.

**Set up your own personalised online sponsorship page by visiting:**  
[www.justgiving.com/grove-house](http://www.justgiving.com/grove-house)  
**and following the simple instructions.**



### Why you should raise sponsorship

Imagine watching the person that you love die in distress. You honoured her wish to die in the family home, but for two hours you have watched your wife's fear and agitation as she dies. You have been completely alone, with no one to help you manage this process, no one to tell you what is happening, what is normal, nor to give calming sedatives to make your wife's final moments more bearable.

Unimaginable? That was the recent reality for one St Albans' resident, because there was no Hospice at Home service available in this area. That is now changing, and with your support, we will have a full compliment of nurses to give 24 hour 7 day a week home nursing giving people the choice to spend their last days in the security of their own homes.

Your sponsorship money is so important to Grove House and its services. Here are a few examples of how your sponsorship can help:

- **£37 a day pays for our Play Therapist to support a grieving child and help them face the future**
- **£85 a day pays for a nurse in the Day Hospice to support a patient with pain relief**
- **£200 pays for a counsellor to help a patient and their family cope with distress or grief**
- **£620 pays for one Hospice at Home nurse to care for a patient in their own home for a week, allowing the patient to decide where they spend their last days.**

The easiest way to raise money is to visit [www.justgiving.com/grove-house](http://www.justgiving.com/grove-house), and follow the simple instructions to set up your own on-line sponsorship page; this also saves us considerable administration time - ensuring more of your sponsorship goes towards patient care.



**The St Albans Lions Club** is part of the International Association of Lions Clubs, one of the largest and most active service organisations in the world. Lions are ordinary people who give something back to their local communities. Lions enjoy working together to help those less fortunate than themselves. Lions enjoy themselves and include fun in their caring attitude. **Most importantly Lions are people like you.**

**St Albans Lions Club** was formed in March 1966 and has served people of this city and its surrounding area by raising money from auctions, race nights, quiz nights, raft races and Christmas collections. Since receiving its Charter, the club has raised almost £300,000 which has mainly been used to provide equipment for local schools, hospitals, playgroups, hospices and provided grants to many worthy individuals at their time of need.

The motto of the Lions is **"We Serve"** and some examples of this in action are weekly transport service to the swimming pool for disabled members of the Salmon Club. In addition an annual dinner with entertainment and transport is arranged for our senior citizens. Water wells and eye camps in the Third World are also supported from the club funds as well as direct assistance to the aged, blind and deaf within our local community.

Youth are an important part of the community and not only do **Lions** help youngsters in need, but we are proud to have an active, thriving **Leos Club** in St Albans. Their aims and objectives are exactly the same only they appeal to a younger membership age group who enjoy social events and putting the fun into fund raising.

If you are interested in joining the Lions or Leos club or would like more information on how you could give something back to the community please contact Kevin Dean on **01438 831049**.