

Forth Valley Giving

Walk the West Highland Way in support of local NHS patients and families



Forth Valley Giving is the official charity of NHS Forth Valley and we are looking for people with good general fitness to walk all or part of the West Highland Way in support of the charity this summer.

The West Highland Way is a 96 mile route from Milngavie to Fort William which is walked by more than 50,000 people each year, usually over a seven day period which makes it ideal for a week's holiday. It can be undertaken on your own or as part of a team. It can also be done in stages with people able to opt in and out at various points along the way.

We have teamed up with local company Easyways to reserve seven nights accommodation for a maximum of fourteen people between Sunday 28th August and Sunday 4th September at the following costs:

- Twin/person £55 per night B&B/£50 bunkhouse (six rooms available)
- Single £80 per night B&B/£55 bunkhouse (2 rooms available)

Easyways are also able to provide advice and support to those wishing to camp and alternative quotes for those only walking part of the way.

The role of Forth Valley Giving is an enabling one with no responsibility for the health or safety of participants but we are here to help you complete the challenge. We will, however, provide you with advice and information and equip you with a fundraising pack with details of our fundraising website for online donations and a survival pack with essential products.

All donations received by Forth Valley Giving are held separately from the money used to provide day to day NHS services. In recent years, we have funded sensory gardens in both Falkirk and Stirling Community Hospitals, delivered a 'Hospice at Home' service in partnership with Strathcarron Hospice, created decorative art in the Women and Children's Unit and established a support service for those affected by mental illness in Forth Valley.

If you're interested in walking the West Highland Way and fundraising for us please contact Kay on **07955909686** or e-mail **kryan999@btinternet.com** Alternatively, you can contact the Forth Valley Giving Fundraising Office on **01324 566081** or e-mail: **craigholden@nhs.net**



Registered Scottish charity number SC035953
www.nhsforthvalley.com/fundraising