



## **NORFOLK FAMILY WALK 2020**

We are writing to inform you that that the 2020 Norfolk Family Walk for Brain Tumours will take place at Holkham Hall, near Wells-next-the-Sea, North Norfolk, on Sunday 4th October from 10am to 4pm. The walk is in its fourteenth year and we welcome walkers of all calibre – gentle strollers or families who enjoy the one mile amble or three mile beautiful walk around the lake to the super fit who manage the ten miles, mostly with a pit stop at Wells-next-the-Sea to refuel on fish & chips or even a pint!

Last year, over 200 people plus lots of four legged friends took part in the walk and in excess of £11,500 was raised, in spite of the wettest weather we have ever experienced! Some walkers were sponsored and others made generous donations and we'd like to say a grateful thanks to everybody who came and helped us raise this impressive amount.

We're hoping that this year yet more walkers will get sponsored for their efforts so we can raise even more money for vital brain tumour research. You can download a sponsorship form, email a request for one at [treasurer@astrofund.org.uk](mailto:treasurer@astrofund.org.uk) or open a fundraising page with Just Giving or Virgin Money Giving – go to <http://www.astrofund.org.uk/donate.php> for links to these pages.

You may find things a little different this year as, in line with government guidelines with regard to the Covid-19 virus, we are practising social distancing at the start and finish of the walk. If it is possible for you to go online and download a registration form (one per party will be sufficient), this will help to avoid holdups at the start. For your safety and protection, there will be antibacterial gel for use also and you will be asked to keep in your family/friend groups on the walks.

All the information you need can be found by clicking on the link below, including links to accommodation in the area should you decide to make a weekend of it in this beautiful corner of England.

<http://www.astrofund.org.uk/norfolk-family-walk-2020.php>

**We look forward to seeing you on 4th October!**

Best Wishes

Mary, Robbie, Linda, Angela, Teresa, Sam & Kathleen

Trustees

Astro Brain Tumour Fund

**IMPORTANT NOTE: If the Covid-19 restrictions change (i.e. are made more stringent) before the date of the walk, it is possible that it could be cancelled. If this is the case, we will put a notice on the website**