

We are extremely grateful to the following people
for their help:-

Friends/Staff of RICE

the Bath Spa Hotel and Roger Catte of
Cascade Drinks Ltd

for generously providing the following:

Prize for highest sponsorship
Lunch for two at the Vellore Restaurant,
Bath Spa Hotel, Sydney Road
Bath BA2 6JF

Bottled water for walkers
Cascade Drinks Ltd
Merlin Way, Bowerhill, Melksham
Wilts SN12 6TJ

*Registered Charity No 1042559
Company limited by guarantee*

Join us on the 16th annual

MEMORY TRAIL

**Along the river Frome from
Rode to Tellisford and
beyond**

**SUNDAY
20th SEPTEMBER 2009**

A SPONSORED WALK

to raise money to help people who have

**ALZHEIMER'S DISEASE
and their carers**

organised by



*the Research Institute for the Care of Older People (RICE)
Royal United Hospital, Bath BA13NG
Tel: 01225 476420*

*Registered Charity No 1042559
Company limited by guarantee*

THE MEMORY TRAIL

The Memory Trail is a popular and important event in our events calendar to raise funds for RICE.

RICE receives less than 15% funding from the NHS and relies on research grants and fund raising activities to help older people affected by Alzheimer's disease and other memory problems. It is much more effective to recognise and treat dementia and memory loss as early as possible and GPs and patients are helped by the Institute in this diagnostic process. We also run courses to help those who care for someone with the disease.

We all grow older but it is now, whilst we are fit and well that we can help those no longer able to help themselves. So please join us on this sponsored walk and encourage your friends to come as well. Even if you do not wish to find sponsors please come along as your own contribution to our funds is valuable to us. It will be a pleasant and purposeful day out for all the family.

THE WALK

All walks start at Rode, a pretty Somerset village and take you through the beautiful Somerset countryside. There are 3 circular routes – a long walk of about 11.5 miles, taking you as far as Avoncliff, one of 8 miles and a short level walk of about 3 miles.

(Maps used are Ordnance Survey Explorer 156 and 143)

A route map and detailed instructions will be available on the day. Guides will be walking some routes during the day and stewards will provide bottled water at certain points along the route. All walks are suitable for children, though not pushchairs. Please wear boots, stout shoes or trainers. Dogs are allowed on the walk but must be kept on a lead as there are livestock in the fields. At all times we ask that you observe the Country Code.

Under 16s must be accompanied by an adult.

TOILETS – At the village hall, the Hungerford Arms at Farleigh Hungerford and other public houses on route.

FIRST AID – a qualified first-aider will be in attendance at Rode Village Hall. You will be given a mobile phone number at the start of the walk in case you need help.

WALK ARRANGEMENTS

SPONSORSHIP FORMS will be sent on receipt of the attached entry form. Please try to involve friends and relatives to make this walk even better than last year's successful walk.

If you wish to collect your sponsorship money before the event we will be pleased to accept it when you arrive to start the walk. Alternatively, it should be received at RICE within one month of the Walk (i.e. 27th October) to be eligible for the prize for highest sponsorship raised.

REGISTER before 13th September 2009 to take advantage of **reduced** entry fees. This helps us to plan the day more effectively.

REGISTRATION ON THE DAY After 13th September you can only register on the day, which will cost £6 per adult, £3 per junior or £14 per family. This will be done at the check-in point at the village hall.

FREE CAR PARKING is available in Rode Village at the Village Hall and in the roads around.

CHECK IN from 10.00am until 2pm at the village hall in the centre of Rode and receive your directions and route map. NB Please check back here when you have finished the walk so that we know you have returned safely. (Hall booked until 5pm)

REFRESHMENTS/FOOD

The Village Hall, Rode
(By kind permission of the Village Hall Committee)
Tea / Coffee / Soft drinks will be available all day

The Crosskeys, High Street, Rode
Booking Essential – Tel 01373 830900
Food from 12.00-2.00, Open all day.
Roast lunch from £8 - smaller portions on request

The Mill at Rode
Booking Essential – Tel 01373 831100
Food served all day.
Roast lunch from £11 for main course

THE MEMORY TRAIL

ENTRY FORM

please include names of all walkers

Name (Mr/Mrs/Miss).....

Additional names of group

Address

.....Tel

I enclose REGISTRATION fee/s for
(Please make cheques payable to RICE)

___ Adults at £5 each £ _____
___ Juniors at £2.50 each £ _____
___ Family at £12 £ _____

Registration on the day of the walk will cost
£6 per adult, £3 per junior and £14 per family.

Declaration

I will not hold the organisers liable for any accident, loss or damage as a consequence of my taking part in the MEMORY TRAIL.

Signed..... Date

(Parent/guardian must sign for under 16s)

Sponsorship forms will be sent on receipt of entry.

Cut off and return to

The RICE Centre,
Royal United Hospital
Bath BA1 3NG
Tel: 01225 476420