

# HINTS FOR WALKERS

## THE BART WALK

Located at Musgrave Park - Held Annually in June



- **Remember that people give to people first, causes second. Anyone who knows what a difference orthopaedic surgery has made to your life will want to support you. Don't be afraid to ask for sponsorship.**
- Family, friends, relatives will usually be only too happy to raise sponsorship on your behalf.
- Make a list of people you think might be willing to sponsor you. Ask your neighbours, friends, shopkeepers, milkman, home help, members of your church, work colleagues past and present, any club or society you belong to. Ask your local pub to raise sponsorship for you.
- Show potential sponsors the form and tell them about the BART Walk. The enclosed information will help explain about BART, the research trust and its objectives.
- Ask your sponsor to fill in your form with the amount they will sponsor you for taking part in the Walk. Make sure they add their name and address and tick the box if they are tax payers and willing to Gift Aid.
- Please do all you can to persuade your sponsors to give you the amount pledged at the time you ask for support. People usually prefer to give you the money straightaway, and it does save you chasing people for sponsorship after the event has taken place. It also means the money raised can begin to earn interest immediately, and that means more for orthopaedic research.
- If your sponsor wishes to pay by cheque, please ask them to make their cheque payable to BART.
- If possible, please try to convert your sponsorship money into a cheque. It helps security on the day if large amounts of cash are avoided and - pity the poor helpers! - it takes a long, long time to count up lots of small change. Please help us.
- You might wish to write to local companies suggesting that they sponsor your Walk.

If you have any problems, worries or questions, do please get in touch with the BART Office on 028 9068 3530 at the address below.

**BART, Outcomes Assessment Unit, Musgrave Park Hospital, Stockman's Lane, Belfast BT9 7JB**  
**Tel: 028 9068 3530 Website: [www.bartni.org](http://www.bartni.org) Charity Registration Number: NIC105791**