COUNTRY FILE
Ramble
for BBC Children in Need

Organise your own fundraising ramble
14 & 15 October 2017
Join us in putting your best foot forward and showing how a simple ramble through rural Britain can help change the lives of thousands of our most disadvantaged youngsters. It’s power walking at its very best - the power to transform lives forever.

- Matt Baker

Ready to RAMBLE?

Dust off your boots and grab your raincoat; you’re invited on a big walk that’s going to make a real difference to children and young people who need it the most.

On the 14th and 15th of October, Countryfile Rambles are taking place up and down the country to raise money for BBC Children in Need.

We’re asking you to organise your own Ramble and raise money with your family, friends and workmates.

CHANGING THE LIVES OF THE CHILDREN WHO NEED US MOST

Last year, we helped change the lives of almost half a million children, but there is still so much more to do.

Your generosity helped young people like Ella, who took part in the Countryfile Ramble for BBC Children in Need in 2015.

Sight Advice South Lakes

Ella was born with Nystagmus, a visual impairment that cannot be corrected by glasses or contact lenses. She was later diagnosed with a small brain tumour that caused Hemianopia, which reduced her peripheral vision and depth perception.

Ella was ten years old when she first heard about Sight Advice South Lakes, a BBC Children in Need funded Charity that helps visually impaired people maintain their independence. Now a teenager, she has not only benefited from the charity herself, but also works on their behalf, supporting them on trips, activities, and even making films to raise awareness of visual impairment.

Both of her conditions make mobility and day-to-day tasks such as school work more difficult, but they did not stop Ella from joining Matt Baker on Countryfile Ramble for BBC Children in Need.

Ella’s restricted vision made the Ramble more demanding, but she was determined to conquer the mountains in Snowdonia. Speaking of her triumph, she said: “The ramble certainly wasn’t without its challenges, but in all was a fantastic event. I’m hoping that people at home will be inspired by our challenge, and they’ll undertake their own sponsored rambles too. It’s all for a great cause that makes a huge difference.”

Ella

CHANGING CHILDREN’S LIVES ACROSS THE UK

This pack contains everything you need to organise your ramble, including tips and tools to make your ramble a fundraising success.

Wherever or whenever you choose to ramble, rest assured that your hard work will be making a real difference to the children and young people who need it most.

WE’VE GOT EVERYTHING YOU NEED
The best bit about putting on your own Countryfile Ramble is that you’re in charge. Whether you follow a familiar path or stray off the beaten track, you choose the route, the distance and the date to suit your group.

Here’s our step-by-step guide to getting up and rambling:

**STEP 1: DECIDE YOUR ROUTE**

You may already have a walk in mind, but if you’re looking for a new route or one that’s extra challenging try these sites nationaltrust.org.uk/walking, ifootpath.com, ramblers.org.uk for some local inspiration.

**STEP 2: RECRUIT YOUR RAMBLERS**

Good company turns a regular walk into a great walk, so bring along friends, family, pets and the rest. What will entice them to take part? Think cake at the half way point, a spectacular view or a pub stop along the way.

**STEP 3: START YOUR FUNDRAISING**

The money you raise makes a big difference, so start fundraising as early as possible. Whether you get sponsorship for your walk or ask your group to donate to take part, it all helps.

**STEP 4: ENJOY YOUR WALK**

With preparations in place, it’s time to get out and ramble! Bring along a flask, picnic and some extra treats.

**STEP 5: SHARE YOUR STORIES**

Whether it’s the tale of your adventure or a picture of your muddy pup, we’d love to hear about your rambles. Make sure to use #CiNRamble and tag @BBCCiN and @BBCCountryfile in your social posts!

You can also tell us about your plans via the BBC Children in Need website bbcchildreninneed.co.uk/fundraisinghub/fundraisingform

Get started with your fundraising by using the sponsorship form at the back of this pack.
The Countryside Code

Wherever your ramble takes you, it's important to remember the basics of the Countryside Code.

RESPECT OTHER PEOPLE
- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

PROTECT THE NATURAL ENVIRONMENT
- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

ENJOY THE OUTDOORS
- Plan ahead and be prepared
- Follow advice and local signs

For the full code, visit gov.uk/government/publications/the-countryside-code/the-countryside-code

Top tips

Countryfile presenters share their top tips for a successful ramble.

John Craven

Ellie Harrison

Adam Henson

Anita Rani

Matt Baker

Plan your route. Work out where you’re going, how long it will take you and who owns the land. Stick to public footpaths or if you’re on private land make sure you get the landowner’s permission first.

Take it all in. On even the simplest ramble you can see some great sights, so keep your eyes open and enjoy everything the countryside has to offer.

There’s no such thing as the wrong weather - just the wrong clothing! Check the forecast and pack your waterproofs if you need them. Be prepared!

Get a gang together. A ramble on your own can be great, but why not get a group together, pack a picnic and make a day of it. Have fun and raise money for a good cause.

Break yourself in gently! Don’t set off for a ten mile hike in brand new boots. Wear them on the walk to work, on a trip to the shops, or even around the kitchen, so when it comes to your ramble day, you’ll be blister free!

Get a small backpack ready with map, drink and snacks. Don’t delay: just get out and do it!

GO FURTHER WITH THE RIGHT KIT
Seasoned ramblers still follow the basics but are well aware of the difference good kit can make on a long walk. Here’s a few things to consider if you’re planning to go the distance:

WEAR THE RIGHT SHOES (AND THE LEFT ONES!)
Comfortable trainers are usually fine and wellies should provide some extra protection from the elements, but if you’re tackling tricky terrain a pair of proper walking shoes is best.

GO WEATHER-PROOF
Don’t let the weather put you off - waterproof and windproof jackets, walking trousers and walking boots will keep you feeling dry, warm and free on the trails despite the conditions.

BRING YOUR POLES
Walking poles make difficult terrain easier to navigate by providing extra stability and balance. Some sets are telescopic, meaning they can be adjusted and stowed away when necessary.

PICK THE RIGHT PACK
Hiking rucksacks offer extra space and nifty features which come in handy for big trips. For a day on the hills, a 25 litre bag should be enough. Any longer and a 40-60 litre rucksack will be ideal.

Remember to pick up your Ramble hat, either in store at Blacks or on the BBC Children in Need Shop at bbcchildreninneedshop.co.uk
Levana is just one of the inspiring children we were able to help last year thanks to the incredible generosity of people like you.

Meningitis Now
Double Amputee Levana has come a long way on her journey already, and with aspirations of one day competing in the Paralympics, she’s planning on going even further still.

When she was just a baby, Levana became ill with meningococcal meningitis and septicaemia. She subsequently had to have both of her legs amputated below the knee and now wears prosthetics. With support from Meningitis Now, a project funded by BBC Children in Need, she has grown into a confident, mature and ambitious young woman.

Meningitis Now was there to support Levana through her early years, helping her to develop a strong sense of self-esteem and lifelong friendships. Levana was part of the Countryfile Ramble for BBC Children in Need, where she joined Matt Baker and co. on a challenging trek through the Lake District.

After a taxing but nonetheless enjoyable walk, Levana was delighted to reach the finish. “What a great experience the Ramble has been! It really has been amazing. I found it particularly tough in places, but I just kept on going and I’m so glad to be able to say ‘I made it!’”

Countryfile host, Matt Baker was quick to offer his praise, adding “Levana - through sheer determination - made it to the end, conquering a landscape you would think was impossible for a double amputee to experience. At 15 years old, she is a true inspiration to all.”

Levana, a talented swimmer, now has her sights set on competing in Japan’s 2020 Paralympic Games. With just a few years to go, she is as excited and determined as ever to turn her dream into a reality. We wish her all the best; her story is a prime example of the amazing feats that are made possible with the support of BBC Children in Need projects and fundraisers across the UK.

BBC Children in Need supports
OVER 2,500* projects
and last year helped change the lives of
490,000* disadvantaged children and young people living in the UK

*As at end June 2017
There are lots of ways to raise money through your ramble, whether participants get sponsored or each rambler makes a donation. However you choose to fundraise, we’ve got all you need to raise money and make your efforts count.

### DONATIONS

Donate online at our website. You, your fellow ramblers and supporters can donate directly to the Countryfile Ramble at bbc.co.uk/pudsey

Collections

If you are planning a collection from friends and family, why not raid the recycling and get creative to make your own collection jar?

### SPONSORSHIP

The sponsorship form at the back of this pack should be your first stop. If you need any additional sponsorship forms, tools or resources you can download and print them from our site, bbcchildreninneed.co.uk/fundraisinghub/fundraisingtools

Set up your BT MyDonate fundraising page. Setting up your Countryfile Ramble fundraising page will help to track your progress and collect individual sponsorship contributions.

### PAYING IN

There are two ways to pay in the money that you collect

- Take it to any bank or building society
- Pay in online via bbc.co.uk/pudsey

No cost to you, essential funding for us

By completing your details and ticking the Gift Aid box, every pound you raise or donate will be worth £1.25 to us. It doesn’t cost you a penny more, you just need to be a UK taxpayer. See your sponsorship form for details.

### TOTAL RAISED £

For additional forms, you can photocopy this page, or download more online at bbc.co.uk/pudsey.

BBC Children in Need is not responsible for the organisation of this event or for the collection of the money.
Thank you!

GET YOUR OFFICIAL THANK YOU CERTIFICATE

1. Fill out your details (on the right).
2. Include proof of payment such as a receipt/cheque/CAF voucher/online donation reference number/online fundraising URL.
3. Send this form to: BBC Children in Need, PO Box 648, Salford, M5 0LB.

☐ Please send me a thank you certificate

Name(s) on certificate:

Address to send your certificate to:

If you have paid your fundraising money in online, please fill in your reference number or fundraising page URL here and send this form to us.

Online payment reference number/URL:

To our newsletter

Sign up

BBC Children in Need would like to keep you up to date about children we support and all our fundraising news. Sign up to our newsletter online at bbc.co.uk/Pudsey, or fill out your details below and return to BBC Children in Need, PO Box 648, Salford, M5 0LB.

Yes, I am over the age of 16 and am happy to be contacted by BBC Children in Need

☐ By email .............................................
☐ By post .............................................

If you are under the age of 16, please ask an adult to sign up on your behalf.

Find out how we will use your information in our Privacy Policy at bbc.co.uk/pudsey or contact us at pudsey@bbc.co.uk. If you no longer want to hear from us please email pudsey@bbc.co.uk.

Registered charity England & Wales no. 802052 and Scotland no. SC039557.

How your money helps

£20 provides a counselling session for a 16-year-old girl who lost her dad, helping her feel stronger and able to cope with everyday life.

£30 means disabled children can do an indoor surfing session, where they can have fun while improving their balance and coordination.