

### When does the Pilgrimage take place?

This year's Pilgrimage takes place over the bank holiday weekend, Friday 27 May – Monday 30 May 2011.  
Bookings open on 1 Feb and close on 6 May.  
Book early, as numbers are limited.

### What are the practical arrangements?

Basic accommodation is provided free for walkers and helpers at Swanley, Aylesford and Charing. (You are free to make other arrangements booking a.s.a.p., but must provide your own transport.)  
We will transport your belongings for you each day, and provide snacks en route and an evening meal.  
We also arrange return transport from Canterbury to London.

### What should I bring?

Come suitably clothed, wearing comfortable walking shoes or boots (preferably worn-in). Bring a warm jumper and a light waterproof, and wear loose comfortable trousers (jeans are very cold when wet). Please also bring extra pairs of socks.

If you are staying overnight, you will need a sleeping bag, towel, toiletries, changes of clothing including slippers or flip flops. Be prepared to sleep on the floor, you may wish to bring a mat or air-bed as well. These should all be kept in a securable bag showing your name. You may wish to take a light bag or small rucksack with you while walking for food, waterproofs, etc. N.B. Please bring a flask or plastic bottle for drinks.

Send your completed form to the Pilgrimage Treasurer at:  
The Connection at St. Martin's,  
12 Adelaide Street,  
London WC2N 4HW

Telephone 020 7766 5544  
Email [pilgsec@cstm.org.uk](mailto:pilgsec@cstm.org.uk)

 **The Connection**  
at St Martin-in-the-Fields

“Once you've done it, you just have to come back next year ...and the next... and the next.”

**When did you last get away from it all, enjoy wonderful countryside in brilliant company, in support of a worthwhile cause?**

The Connection at St. Martin-in-the-Fields annual Pilgrimage to Canterbury is the bank holiday weekend of a lifetime.

You'll meet as diverse a range of people as you'll find anywhere – from churchgoers to atheists, solicitors to social workers, from the comfortably housed to the homeless. The journey creates a community spirit which is rare in everyday life. It takes four days – but you can walk all or part of the 73-mile route.

The 21st Annual Pilgrimage is organised by The Connection at St. Martin's. The money raised helps our work with homeless people and that of partner agencies in Kent.

Whether you come alone or with friends, are a veteran walker or have never taken part before, join us. You'll never forget it.

Do invite friends to walk with you or to join us at Boughton Aluph near Wye or Chartham on Monday 30 May. All such walkers though must also pay their registration fees by Friday 6 May using this form.

**Book soon as numbers are limited!**

**Walkers are asked to contribute at least £21 per day (earlybirds £18.50) towards the cost of the Pilgrimage. Concessions: Day Centre users and unemployed walkers pay £6.50 per day.**

**Make cheques payable to The Connection at St Martin's.**

The Connection at St. Martin's is a registered charity no.1078201 and a company limited by guarantee no. 3852519

 **The Connection**  
at St Martin-in-the-Fields

**CLOSING DATE  
FOR  
REGISTRATION  
FRIDAY 6th MAY**

**Pilgrimage 2011**

London to Canterbury  
**27 May-30 May**

**21st** Sponsored walk for homeless people  
Will you walk? Sponsor a walker?  
Or help us with marshalling, catering  
or first aid?

Organised by The Connection at St. Martin-in-the-Fields

Please complete in Block Capitals

Family Name	First Name	Title
<hr/>		
Address		
<hr/>		
Postcode		
<hr/>		
Telephone ( Home)		
<hr/>		
Mobile phone		
<hr/>		
Email		
<hr/>		
(If under 18)	Accompanied by	
Age	<hr/>	

## Please complete either 1 or 2

(Please mark appropriate boxes with a ✓)

### 1 I would like to walk in the Pilgrimage

- I have filled in the form opposite. Please send me a sponsorship form and information pack. I enclose £ \_\_\_\_\_ (at least £21 per day) 'Early Bird' reduction - £18.50 if you register before 15th March. Concessions: Day Centre users and unemployed £6.50 per day. Make cheques payable to The Connection of St Martin's.
- Please send me information about how my employer could sponsor me or a homeless walker.

**Note:** Under 18s must be accompanied at all times by a responsible adult. Complete a form for each young person walking, showing who will accompany them.

### 2 I cannot take part as a walker but would like to:

- Help as a marshal / First Aider/ caterer/ driver. I enclose £ \_\_\_\_\_ (Rates as above) (Delete as necessary) I have filled in the application form opposite.
- Make a **donation** to the sponsorship of the homeless walkers and enclose a cheque: £ \_\_\_\_\_

### 3 Gift Aid (Applies to donations not to the booking fee)

Please allow us to claim Gift on your donation (25p in every £1). Just read the declaration below and if you qualify, tick the box:

- DECLARATION:** Please treat all donations I make to The Connection at St Martin's on or after this date as Gift Aid donations. I declare that I pay Income tax or Capital Gains tax in the UK equal to the tax reclaimed on my donations, and will advise you of any change to my name, address or tax status.

How did you hear about the Pilgrimage?

## For walkers and helpers

Please answer **all** questions deleting walker/helper and yes/no as appropriate.

### Friday 27 May Trafalgar Square to Swanley

Please enrol me as a *walker/helper* (18.5 miles). yes / no  
Please provide an evening meal. yes / no

### Saturday 28 May Swanley to Aylesford

Please enrol me as a *walker/helper* (18.5 miles). yes / no  
Please provide an evening meal. yes / no

### Sunday 29 May Aylesford to Charing

Please enrol me as a *walker/helper* (18 miles). yes / no  
Please provide an evening meal. yes / no

### Monday 30 May A range of last day walks of different lengths to choose from:

#### Charing to Canterbury: 8.00 am start

Please enrol me as a *walker/helper* (18 miles). yes / no  
or

#### Boughton Aluph to Canterbury (12 miles medium walk): 10.00 am start

Please enrol me as a walker. yes / no  
or

#### Chartham to Canterbury (4 miles fun walk): 1.30 pm start

Please enrol me as a walker. yes / no

Please provide an evening meal in Canterbury. yes / no

Please arrange transport back to London. yes / no

I will be bringing a car and can offer a lift if required. yes / no

I have walked the Pilgrimage route at least twice before and would like to volunteer to be a group leader. yes / no

I would like to sleep in the hall. yes / no

I intend to bring a tent. yes / no

I will arrange my own accommodation. yes / no

If you have asked us to provide meals for you, please tell us if you have any special dietary requirements or allergies:

Vegetarian  Other \_\_\_\_\_

## Why pilgrimage?

The Pilgrimage this year celebrates our 21st such journey along the Pilgrims Way through Kent. It will also be an act of remembrance for Kath Shaljean who died in 2009.

Kath founded the Pilgrimage to Canterbury which ends with a short service in the Cloisters of Canterbury Cathedral, where Dick Sheppard, the Vicar who first established social care at St. Martin's, is buried. We hope in this 21st year and in Kath's memory to raise a record sum for the care of homeless people which is offered by The Connection at St. Martin's and our partners in Kent.

Last year over 100 people walked, raising over £21,000. In 2011 grants totalling 10% of the net income will be donated to various partner agencies in Kent and London.

### About the work of The Connection at St. Martin's

*The Connection at St. Martin's*, based in Westminster, helps over 200 homeless people every day by providing a range of specialist services under one roof. This includes a day and night centre, outreach for rough sleepers, careers advice and training, advice and housing and a variety of activity programmes. We help people build confidence, learn new skills and access the support they need so that they can address their needs and rebuild their lives away from the streets. We also have St Martin's House, a 16 bed medium-stay supported housing project for former rough sleepers.

To find out more about our work, visit our website [www.connection-at-stmartins.org.uk](http://www.connection-at-stmartins.org.uk) or contact the Fundraising team at 12 Adelaide Street, London WC2N 4HW, phone 020 7766 5555 or email [appeals@ctsm.org.uk](mailto:appeals@ctsm.org.uk).

## You can help by...

- **Walking** and raising valuable sponsorship money.
- **Involving your employer.** Register as a walker, and ask for details of how your employer could also sponsor you or our homeless walkers to provide not just money but much-needed encouragement.
- **Helping** as a marshal, caterer, first aider or driver is hugely enjoyable.
- **Getting sponsorship on the internet.** Web-friendly walkers may like to set up their own site to manage their own sponsorship. Just go to <http://uk.virginmoneygiving.com/giving>
- **Experienced walkers** may like to offer to lead a group.