

# Hopeful Steps

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**SATURDAY 13<sup>th</sup> SEPTEMBER 2014**

### **Information for walkers**

Thank you for registering to take part in our fifth sponsored walk to raise awareness of suicide prevention in the Scottish Borders.

Your participation is much appreciated and every penny raised will be used to support the organisations working to support suicide prevention in the Borders.

In order to ensure everyone has an enjoyable experience we would like to provide the following information.

1. The walk will be done at a gentle pace; it isn't a race, just an opportunity to raise awareness and some money for worthy causes.
2. Walkers walk at their own risk, please be sensible, if you are not fit enough to do the whole walk, then please feel free to join us for a part of the walk, however let us know if this is your intention so we don't send out a search party!
3. The walk does involve a slight gradual climb and is about 6 miles long, therefore wear comfortable shoes and clothing. Unfortunately we can't predict the weather so make sure you have clothing for all eventualities – there is no such thing as bad weather, only the wrong clothing – we will walk regardless of the weather conditions!
4. Bring some plasters and water with you, a light snack might also be a good idea.
5. Dogs must be kept on leads when going through fields with livestock.
6. Most importantly – Enjoy it!

Thanks again, if you have any queries contact Health Improvement at [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk) or tel. 01835 825 970