



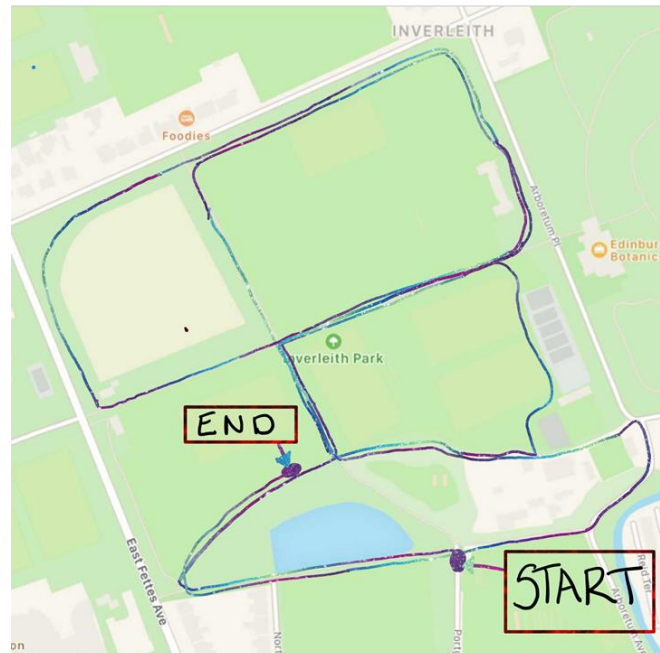
THANK YOU for joining us this suicide prevention day. We will be starting our day the right way by watching the sunrise together as we take on a Dawn Walk to raise funds for Edinburgh Samaritans.

Date: Sunday 10th Sept 2023

Time: Arrival 5:45am the walk will start at 6am

Location: We will meet by the pond at the Portgower Place entrance in Inverleith park, Edinburgh, EH3 5NZ.

Here is a map of the 5k route we will be taking. Please note that the route is made up of both gravel and grass paths, please wear appropriate footwear.



Accessibility

Please be aware the 5k route is through Inverleith Park over pavement and grass, there are two low/shallow speed bumps that we go over once on the route. If you have any accessibility needs, please let us know by emailing us at:

samaritansoutreachedin@gmail.com

Event Checklist:

- Bring a torch and any additional lighting you see fit - glow sticks, head torch etc.
- Dogs should be kept on leads and have their identification tags on
- Be respectful of the wildlife around the pond.
- Communicate any obstacles or hazards with those behind you e.g. "be careful, that mud is slippery"
- Bring a bottle of water to stay hydrated.

Fundraising tips

- Your Enthuse fundraising page is automatically created at registration, you will receive the link to your fundraiser via email.
- Use your personal Enthuse page to make it easy for people to sponsor you. Don't forget to add some background information, a photo and explain why you're taking part.
- Don't be shy! Tell your friends, family and colleagues about Dawn Walk and why you're doing it, and don't forget to include a link to your fundraising page. There are loads of different ways you can share – WhatsApp, Facebook, Twitter, email, voice notes or video messages – whatever works best for you.
- Let everyone taking part know that every £5 raised helps Samaritans answer one potentially life-saving call for help.
- If you're taking on the challenge as a team, why not get colleagues together to celebrate with a post Dawn Walk breakfast or cake sale? Invite colleagues from across your organisation to join your team at your office, or place of your choice, after the walk for a warm cuppa and cake, or bacon roll! It's a great way to get everyone together, and raise funds and awareness of Samaritans 24/7 service.

Check out the downloadable resources that you can share here;

- [Sponsorship form](#)
- [Social card – I'm taking on Dawn Walk](#)
- [Social card – I completed Dawn Walk](#)
- [Facebook banner image](#)

Please share your Enthuse fundraising page far and wide and help raise as much as you can to support Edinburgh Samaritans.

Every penny raised will support our vision that fewer people die by suicide and help us continue to be there 24/7 for anyone who needs someone.

If you have any questions, please contact: samaritansoutreachedin@gmail.com

139 189 32

