



Highbury Grove School Foundation

Registered Charity No. 1147690

NEW RIVER *sponsored* WALK

Saturday and Sunday 21st and 22nd November 2015

Help Highbury Grove School Foundation raise money for the school's Outward Bound trips.

What is it?

Walk the length of the New River, one of the wonders of London and the source of London's drinking water since 1613, from leafy Hertfordshire to urban Islington. Celebrate the end of the walk with a reception at Highbury Grove School on Sunday 22nd November

All of it? or just a bit?

Join us - young or old - **walk as much or as little as you like**. Walk for an hour, half a day, one day, or the whole two days it takes to walk the canal's 63km course. The walk begins where the water joins the New River from the River Lea, passes the natural spring feeding the supply at Amwell village, taking in the only pub actually built over a canal and crossing the M25 on the amazing Dowcra aqueduct. Experts from The New River Society will guide the walk.

PLEASE JOIN US ON THE **NEW RIVER WALK** AND RAISE MONEY

WHY ARE WE DOING THIS? To raise money for Highbury Grove School's Outward Bound courses. In year 9 (age 13/14), all students are offered the chance to go on an Outward Bound trip, involving physical challenges, team building, mental and leadership games; all this in the beautiful Welsh hills. The School, the Foundation, an Outward Bound Trust bursary and parents contribute to the cost of this trip.

TARGET : £8,000 will cover the transport for 150 students.

THE OUTCOMES The Outward Bound project challenges students to change their attitudes about themselves, about what they can and cannot do. This life-changing programme gives them a chance to reassess - to achieve things that they may at first think they will fail at. This is important for making choices for GCSEs and giving students the confidence to face personal challenges at school and in life.

JOIN IN: contact year 8 parents Emma Kay emmakayemma@gmail.com or Ian McGovern on imcgovern@grasmere.hackney.sch.uk

>>register with Foundation by email or fill in a sheet << >>>Donate online on our Just Giving page<<
>>create your own Justgiving page – just click on the orange 'fundraise for our campaign' button.

<http://campaign.justgiving.com/charity/hgsfoundation/outwardboundforall>

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HOW TO TAKE PART

Register Tell us that you will be joining us by replying to the email or sending back the form

Put the date in your diary Saturday November 21st and Sunday November 22nd

Raise money Find as many sponsors as you can.

Plan your distance The total walk is 63 km, around 30 km each day. Completing the whole walk at a moderate pace will take 8 hours each of the two days, including a break for lunch. But you can do as much or as little as you like, with convenient train stations along the route to take you home. We will supply information regarding leaving the walk along the route.

Travel

To the start on **Saturday 21st** Hertford East Station (Hertford SG14):
(London Overground and Abellio Greater Anglia Trains)

Travel from Highbury and Islington, Canonbury or any stations along the line to Hackney Central. Connect via the pedestrian walkway to Hackney Downs station to catch an Abellio Greater Anglia train to Hertford East

- Hackney Downs 8.50 arr Hertford East 09.37
- Hackney Downs 9.20 arr Hertford East 10.07

Stewards will meet you on the platform at Hertford East, where there is a café.

To the start on **Sunday 22nd** Turkey Street Station (Enfield EN3)
(London Overground)

Travel from Highbury and Islington, Canonbury or any stations along the line to Hackney Central. Connect via the pedestrian walkway to Hackney Downs station to catch a second **Overground train to Cheshunt**, which stops at Turkey street

- Hackney Downs 8.50 arr Turkey Street 09.27
- Hackney Downs 9.09 arr Turkey Street 09.50

Stewards will meet you on the platform at Turkey Street

Fares

Overground fare, plus:

£9.85 return, for 1 adult 1 child (with a family and friends railcard)

£17.40 return for 1 adult 1 child (without a family and friends railcard)

Returning home at any point – ask a steward for directions.

What to bring

Packed lunch and snacks

Walking boots or trainers. It will be muddy in places.

Waterproof jacket if rain is likely

See you there!

create your own Justgiving page –

click on the orange 'fundraise for our campaign' button
from this link

[Justgiving.com](http://www.justgiving.com)



<http://campaign.justgiving.com/charity/hgsfoundation/outwardboundforall>



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I am going to walk the New River (or some of it)!

Name _____

Address _____

Mobile number _____

Email address _____

Day to walk

Please tick which day (s) you will be joining

Saturday 21 st November	<input type="checkbox"/>	Sunday 22 nd November	<input type="checkbox"/>
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I am walking with other members of my family who are

NAME	Adult?	Child?	Child age

I will collect sponsorship from individual donations / online with Just Giving (please indicate)

I will be responsible for my children or any persons in my care
(please sign) _____

I agree to any photography that may be used for promoting the school and the Foundation Y / N

Please return this form to Emma Kay at Highbury Grove School or by email to emmakayemma@gmail.com or imcgovern@grasmere.hackney.sch.uk