

Buddy Walk - Australia 2008!

Event Kit

Buddy Walk - Sydney, 19th Oct 2008

Thank you for taking part in the first National Buddy Walk in 2008!

Inside this Kit, we hope you will find all the information you need to have a most enjoyable day!

Inside

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- SCHEDULE: What to look forward to on the Day
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- TRANSPORT: How to get there and get home - public transport options
- PARKING: Where to park.
- GUIDELINES and GENERAL INFO:
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- WHAT TO BRING: Be prepared!
- FUNDRAISING - the fun and easy way!



Event Kit

BUDDY WALK - Australia 2008

What's it all about?

* **A Celebration of Down Syndrome Awareness Week**

It's about celebrating the achievements of people with Down syndrome in all aspects of family and community life.

It's about supporting and accepting the abilities and needs of people with Down syndrome, and encouraging the whole community to do the same.

* **A World-wide event!**

Buddy Walk is an International Event held all around the world. It began 12 years ago in the USA to promote acceptance and inclusion of people with Down syndrome.

Buddy Walk in Australia began 7 years ago as an initiative of Foundation 21 in SA. In NSW, Buddy Walk began in 2006 as 'Walk with a Mate' in Sydney & Tweed Heads.

In 2008, Buddy Walk went national with more than 8 Walks across the country.

* **Better support and resources ...**

Buddy Walk is also a major fundraising event of Down Syndrome NSW to improve support and resources for families and individuals with Down syndrome, with the long term aim of ensuring all people with Down syndrome fulfil their potential.

* **Meeting up... having fun!**

Just as important, Buddy Walk is a chance to get together with our friends and family, catch up with some old friends and meet new ones... and have a great day!

* **More info...**

www.dsansw.org.au

www.buddywalk.org.au

www.buddywalk.org

Buddy Walk in NSW.

Buddy Walk in Australia.

Buddy Walk in the USA and internationally; the BW history.

Event Kit

Buddy Walk Sydney, Sunday 19 October 2008

SCHEDULE

What to look forward to on the day.

9:30am **Meet up** (First Fleet Park, *Circular Quay*)

Note: Large numbers of people will be gathering for the Walk. Please be patient & ensure you arrive early enough before the Start to have time to...

- * Register (for those who have not pre-registered or signed the 'waiver' yet);
- * Collect caps (please allow those who pre-ordered to collect their caps first);
- * Collect water bottles (by donation);
- * Buy t-shirts \$20 (only limited stock/sizes available; *pre-ordering strongly advised*)
- * Make donations (*optional*).

10:00am **Official Opening** (*Milson's Point*)

Ms Virginia Judge MP, Minister for Fair Trading & Citizenship

Mr Ken Hancock, President - Down Syndrome NSW

Ms Pieta Lind, President - UP!Club

[10:00am - 12:00pm *Walkers follow the route through the Rocks, across the Sydney Harbour Bridge to Milson's Point and down to Milson Park for a harbourside picnic.*]

11:30am - 2:20pm **Picnic** (*Milson Park, Kirribilli*)

BYO picnic, sausage sizzle, refreshments, face painting, games, more...

* **11:30pm - 12:30pm** **Musical entertainment - Song and Dance**
featuring young Sydney Diva, Tegan Rogers, and Tara Grech (*'Everyone Can Dance'*)

* **12:30pm - 1:30pm** **Sport and recreation**

Sack races, ball games and more

* **1:30pm** **Raffle draw**

Prizes include Conia 22" LCD TV, BridgeClimb double passes, Citizen watches, Sydney Theatre Company vouchers, PJ Gallaghers Restaurant vouchers and more

2:00 - 2:30 pm **Packup and Farewell**

In case of a medical emergency, call '000' immediately.

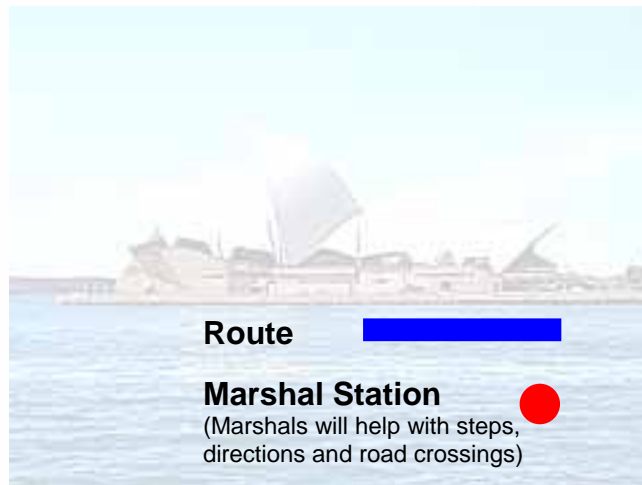
**Buddy Walk - Sydney 2008
Route Map**

First Fleet Park, Circular Quay
to Milson Park, Kirribilli

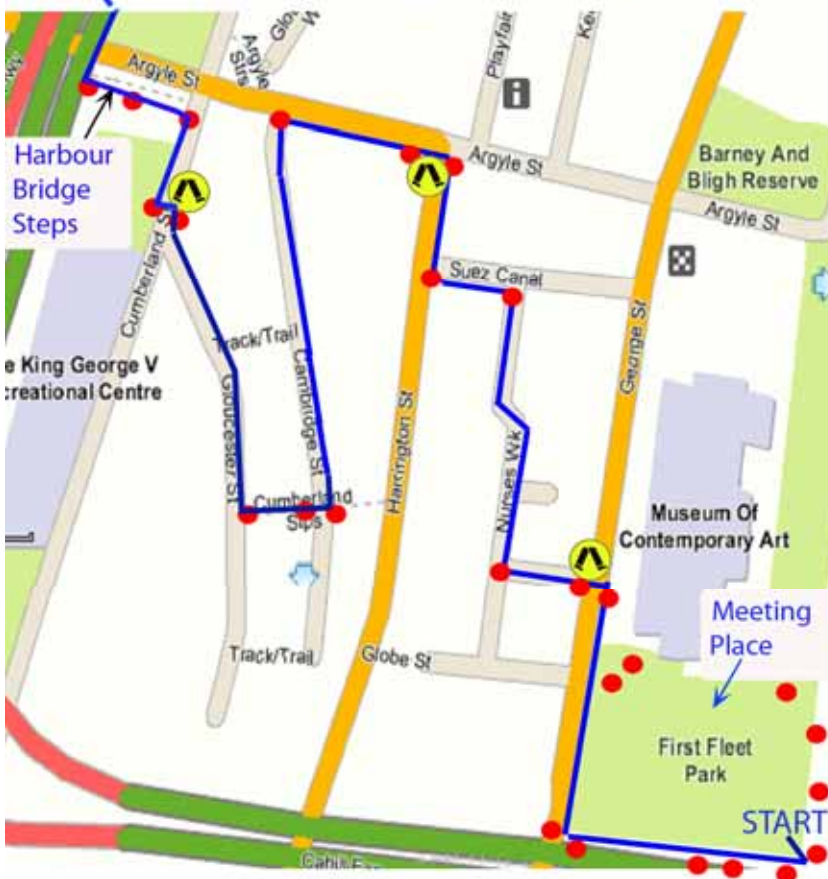


**Step-by-step Route Guide
(continued)**

- 7) Steps to Broughton St - Go down steps from Bridge & turn right down Broughton St
- 8) Right into Willoughby, then left into Winslow St
- 9) Steps to McDougall St - Go down steps at end of Winslow St to McDougall St; cross McDougall St and go through gate into Milson Park.
- 10) You've arrived!



Harbour Bridge Crossing



Step-by-step Route Guide

Look for Walk Marshals in **yellow shirts** to help guide you, and First Aiders in **red vests**

- 1) First Fleet Park to George St - Start here, walk under road overpass up to George St, turn right into George & walk to Zebra.
- 3) Passageway to Nurses Walk - Cross at zebra, & continue straight ahead through passageway, turn right into Nurses Walk.
- 4) Left into Suez Canal, then right into Harrington St
- 5) Argyle to Cambridge St - Cross at Zebra, continue up Argyle St; turn left into Cambridge, then right up Cumberland Steps.
- 6) Gloucester St to Bridge Steps - At top of Steps turn right into Gloucester St, cross at Zebra on Cumberland St & up the Bridge Steps, turn right at top and cross Harbour Bridge.

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TRANSPORT

How to get there and get home.

(Public Transport is recommended as the best way to get to and leave the event)

Transport to First Fleet Park

Bus, Train or Ferry to Circular Quay Interchange

First Fleet Park is a short walk or less than 200m from Circular Quay Station, the Ferry Wharves and Bus Interchange.

Parking Stations near Circular Quay:

- * Atrium, 35 Pitt St (flatrate \$20)
- * Clocktower, 55 Harrington St, The Rocks (flatrate \$20)

Transport from Milsons Point:

Train from Milsons Point Station

Catch the train from Milson's Point Station, on the Northern/ North Shore lines (about 400m walk from picnic spot).

Ferry from Milsons Point Ferry Wharf

Catch the ferry from Milsons Point Ferry Wharf at the front of Luna Park (about 800m walk from picnic spot).

Parking at Milsons Point / Kirribilli

- * Limited street parking is available

To plan your trip:

Transport InfoLine * Tel **13 1500** * Web www.131500.com.au

Taxis:

Lime Taxis **13 LIME (13 5463)**

Taxis Combined **133 300**

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RULES and GUIDELINES

to make sure we have the best possible day.

- All participants in Buddy Walk 2008 must agree to and sign the publicised '*event waiver*' before proceeding on the Walk.

If you have not signed and returned your signed waiver prior to the Walk, please sign the waiver form which is at the back of this event kit and will be on display on the morning of the walk.

- All parents/ guardians must supervise children at all times.

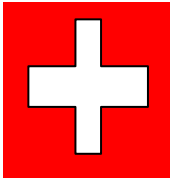
There will be large numbers of people. All children must be supervised by a responsible parent or adult, when crossing roads, when near traffic or water *and at all other times*. If you do not know your child's location, report to an event volunteer (in Yellow 'Buddy Walk Shirt') immediately.

- Please take all rubbish with you.

We have gained approval for our event on the basis that it is 'low impact'. Any rubbish left behind will have to be cleaned by volunteers. It would be greatly appreciated if you could ensure that your picnic area is left clean and remove all rubbish from the site.

FIRST AID

Buddy Walk First Aid Officers



Buddy Walk First Aid Officers will be wearing red vests with white crosses. For First Aid Assistance:

- look for a First Aid officer in red vest with white cross
- ask a volunteer in yellow shirt to call for first aid
- Call 0417 066 845 or 042 40 44 930

In case of a medical emergency, call '000' immediately.

TOILETS

Walk Start (First Fleet Park)

Circular Quay Station Public Toilets *or* Museum of Contemporary Art

Along Route

Cumberland St in the Rocks; Milsons Point Train Station

Walk End / Picnic Site

Public toilets and portaloos in Milson Park.

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WHAT TO BRING - *Be Prepared*

- **Sturdy shoes**
- **Wet weather gear**
- **Sunscreen**
- **Water** - Water bottles will be available (gold coin donation) at the start but is a good idea to bring some spare.
- **Sun protection (Cap/ hat/ visor)** - Official 'Buddy Walk' caps will be available, but because of the large number of walk registrations, we may not have enough to meet all the demand. It is a good idea to bring a spare!
- **Picnic rug**
- **BYO picnic lunch** - There will be a limited range of refreshments on site including a sausage sizzle, coffee and juice stall. It may not be possible to cater for all dietary requirements. For further updates on food and drinks available, check website www.dsansw.org.au or email Priscilla on priscilla@dsansw.org.au.
- **Money** ... for parking, food & drink, raffle tickets, donations, etc
- **Mobile phone** in case of emergency...
- **Camera**

WHAT TO TAKE AWAY WITH YOU

- **Your rubbish** - To keep event costs down, we have not contracted a waste disposal company. The site will be cleaned by Buddy Walk volunteers. It will be a great help if you make sure your picnic area is clean when you leave and take your rubbish away with you.
- **Your children** - Please supervise children at all times and ensure they are safe.
- **Memories of a great day!**

FOOD and REFRESHMENTS

There will be a limited range of refreshments on site including a sausage sizzle, juice stall and coffee cart. It may not be possible to cater for all dietary requirements. For further updates on food and drinks available, check website www.dsansw.org.au or contact Priscilla on 02 9683 1900 or 0417 066 845 or priscilla@dsansw.org.au. BYO picnics are welcome.

Current Menu items include: (*proceeds to Down Syndrome NSW*)

Sausage Sizzle	Sausage, onions, condiments, roll	(<i>gold coin donation</i>)
Fresh Orange Juice / Fresh Lemonade		\$2 small / \$4 large
Coffee / tea / hot chocolate		tba

WEATHER PLANS

Buddy Walk 2008 walk and picnic will go ahead rain or shine. Some activities at the picnic may not proceed in the rain. In case of extreme weather, a recorded message will be left on the [Buddy Walk Info Line](tel:0296834333) on morning of the walk: 02 9683 4333.

FURTHER HELP / INQUIRIES

For any further assistance on the day, please ask one of our event volunteers in **yellow shirts**.

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FUNDRAISING - *The Fun and Easy Way...*

The emphasis is on the 'FUN' part of 'fundraising' ...

Simply set a target, and ask relatives, friends, neighbours, schoolmates, workmates, your club and whoever you like, to sponsor you for Buddy Walk to help you reach your target and raise money for a great cause!

* **You can be a Buddy Walk Hero** at www.buddywalk.org.au

You and your team can have your own [Buddy Walk Hero Page](#), or if you like, you can support someone else's hero page. See all the hero pages created so far at heroes.buddywalk.org.au

It takes just a few minutes to create your own Hero Page at myheropage.buddywalk.org.au. You don't need to know anything about creating webpages and you can even add a photo! Then you simply email the page to everyone you know, and watch your 'hero meter' rise as the donations come in!

* **Fundraising the old-fashioned way ...**

We know that lots of people are still to fundraise the 'old-fashioned' way by taking sponsorship forms door-to-door, to your local club, workplace or family get-together.

So for those who'd like to do some good old-fashioned fundraising we have included [sponsorship sheets](#), [donation forms](#), and [reply paid envelopes](#).

* **Fundraising Theme for 2008 ... its AAA!**

In 2008, with *Buddy Walks* happening in Sydney, Newcastle, Wollongong, Wagga Wagga, and other spots across NSW, we celebrate with the theme, **AAA - 'Access All Areas'**. No area of family and community life should be off-limits just because someone has Down syndrome. We want to increase opportunities for children and adults with Down syndrome to *access all areas* in society - whether opportunities in education, in sport & recreation, in employment, in accommodation - opportunities to fully participate in '*all areas*' and lead rich, diverse lives.

We want to raise funds to -

* Improve the way we provide information, support and services to **all communities across NSW**, and all families affected by Down syndrome, wherever they live.

* Improve the broader community's understanding of people with Down syndrome, their individual needs and abilities, so we can build a more inclusive, supportive society - that scores a '**AAA**' rating (*Access all Areas*).

Event Kit

FUNDRAISING

The nuts and bolts...

* **Donations are tax deductible ...**

Down Syndrome Association of NSW is a registered charity and all donations over \$2 are tax deductible. Down Syndrome NSW will issue tax receipts for everyone who needs one. You just need to make sure you record the person's name and address details. The sponsorship sheets and donation forms provided can be used for this purpose.

* **Banking of funds ...**

There are a number of convenient options listed below to help you send in the funds you raised quickly, so the funds can be put to work without delay for the benefit of people with Down syndrome.

1) **DEPOSIT** (Over-the-counter at the Bank or via EFT)

You can deposit your funds over the counter at any branch of the [Commonwealth Bank](#) or via your online banking account, using the details below.

Account Name: Down Syndrome Association of NSW

BSB: 062 315 **Account Number:** 00 901 136

Reference (for EFT): [your surname & phone number]

[Please phone 02 9683 1900 or email admin@dsansw.org.au to let us know when you are depositing funds so we can identify the amounts on our bank statement]

2) **CREDIT CARD** (via phone or online)

You can total up the amount of cash you have raised and use your credit card to pay this amount securely via our website www.dsansw.org.au or call 02 9683 1900.

When paying online please include your event details in the 'description of payment'.

3) **MAIL** (no stamp required)

You can mail your funds to *(Please do not mail cash)*:

Phillip Prideaux

Executive Officer

Down Syndrome NSW

Reply Paid 2356

NORTH PARRAMATTA NSW 1750

* **RECEIPTING / ACKNOWLEDGEMENTS**

Regardless of which method above you use to submit your funds, please either mail, email or drop in any donation slips and other documentation which needs returning.

Please include details of anyone needing a tax deduction receipt, certificate &/or thank you letter.

FUNDRAISING KIT

Order Form

Qty	Item
	Sponsorship Forms: Handy for fundraising door to door, at shopping centres, at school or work. Can be used to record pledges or donations.
	Donation Forms: Donation forms can be given, posted or emailed to people who'd like to support you or your team at Buddy Walk, and make a difference for people with Down syndrome and their families.
	Money Boxes: Handy for putting on shop counters, or reception counters at clubs and business places.
	Down Syndrome Awareness Week Posters: The series 'LOOK BEYOND and you'll see...'
	Raffle books: Raffle tickets can be sold for \$2 each or \$20 for a book of ten, to friends, neighbours, family, workmates, club mates, etc.

My contact details are:

Name	Miss Ms Mrs Dr Mr (circle)		
Address			
	Postcode		
Telephone			
Email			

Return in the **Reply Paid Envelope**, or contact Priscilla on **9683 1900** / buddywalk@dsansw.org.au

Send to (*no stamp needed*):

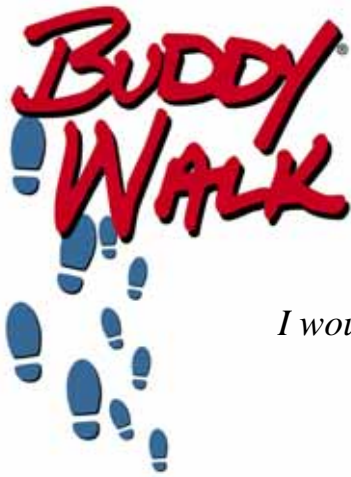
Phillip Prideaux

Executive Officer

Down Syndrome NSW

Reply Paid 2356

NORTH PARRAMATTA NSW 1750



Buddy Walk 2008 Donation Form

*I would like to make a sponsorship gift to **Down Syndrome NSW**
for Buddy Walk 2008 in celebration of
Down Syndrome Awareness Week.*

Down Syndrome NSW is a registered charity which encourages and supports people with Down syndrome to fulfil their potential for successful and healthy lives, in a society that knows their abilities and is supportive of their needs.

Please return this form to the fundraiser _____ or the REPLY PAID address below.

Your tax deductible gift will help make this happen.

Contact details for acknowledgement and tax receipt.

Mr/Mrs/Ms/Miss (circle) Other _____ Name _____

Company Name (if applicable) _____

Address _____

Suburb _____ Postcode _____

Phone _____ / _____ Email _____

Please keep me informed of other ways I can support Down Syndrome NSW in its important work.

Amount: \$ _____ I would like to sponsor (team/ individual name) _____

Please find enclosed cheque/ money order to 'Down Syndrome NSW', or

I have made an EFT to the Account of **Down Syndrome NSW:**

Commonwealth Bank BSB 06 23 15 Account number 0090 1136

Please debit my VISA / Mastercard / Bankcard (circle) the above amount.

Card number: - - -

Card name: _____ Expiry /

Signature: _____ Date ____ / ____ / ____

Inquiries: **Priscilla Leong**, 02 9683 1900, priscilla@dsansw.org.au web www.dsansw.org.au

Note: All gifts over \$2 are tax deductible. Receipts are issued. Down Syndrome NSW values your privacy.

*We do not trade your details and do not pass personal details to any other organisation. Call 02 9683 1900 for details



SPONSOR FORM

Valid: 11/9/08 - 30/11/08

FUNDRAISER:

AUTHORITY # :

EVENT: 'Buddy Walk 2008'; raising funds to help children and adults with Down syndrome reach their full potential.

Name (title, first name, last name) Eg. Mrs Jane Smith	Address (for receipting and acknowledgement)	Phone No. & Email (optional)	Pledge (\$)	Donation Method	Paid (\$); date	Sponsor's Signature	Fundraiser's Signature
				<input type="checkbox"/> Cash <input type="checkbox"/> Cheq./MO <input type="checkbox"/> Visa <input type="checkbox"/> M'Card Card Exp: ___ / ___ Card#: _____/_____/_____/_____ Name: _____			
				<input type="checkbox"/> Cash <input type="checkbox"/> Cheq./MO <input type="checkbox"/> Visa <input type="checkbox"/> M'Card Card Exp: ___ / ___ Card#: _____/_____/_____/_____ Name: _____			
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