



# Buddy Walk - Australia 2009!

## Event Kit

Buddy Walk - Sydney, Sunday 11<sup>th</sup> Oct 2009

*Thank you for taking part in the first National Buddy Walk in 2009!*

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

### Inside

- **BUDDY WALK 2009:** What's it all about?
- **SCHEDULE:** What to look forward to on the Day
- **WALK ROUTE:** Your Buddy Walk Map and route instructions
- **TRANSPORT:** How to get there and get home - public transport options
- **PARKING:** Where to park.
- **GUIDELINES and GENERAL INFO:**  
First Aid, toilets, refreshments available, weather and help
- **WHAT TO BRING:** Be prepared!
- **FUNDRAISING** - the fun and easy way!



# Event Kit

## BUDDY WALK - Australia 2009

### *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 2009, Buddy Walk - Australia will be the largest celebration of people with down syndrome ever held in this nation, with Walks being held in Melbourne and Canberra for the first time and more than 10 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](http://www.dsansw.org.au)

Buddy Walk in NSW.

[www.buddywalk.org.au](http://www.buddywalk.org.au)

Buddy Walk in Australia.

[www.buddywalk.org](http://www.buddywalk.org)

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

# Buddy Walk Sydney, Sunday 19 October 2009

## PROGRAM

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

*Note: Large numbers of people will be gathering for the Walk. Please be patient.*

- \* Register (for those who have not pre-registered or signed the 'waiver' yet);
- \* Collect caps (limited stock -please let those who pre-ordered to collect caps first);
- \* Collect water bottles (by donation);
- \* Buy t-shirts (only limited stock/ sizes will be available)
- \* Buy raffle tickets
- \* Make donations (*optional*).

### **10:00am** **Official Opening** Ms Virginia Judge MP, Minister for Fair Trading & Citizenship Mr Ken Hancock, President - Down Syndrome NSW UP!Club representative

**[10:00am - 12:00pm Walkers follow the route through the Rocks, across the Bridge to Milson's Point and on to Milson Park for 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 sensational Japanese Hip Hop group **LoveJunx**  
(over 30 dancers with down syndrome live on stage)

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

Sack races, ball games and more

#### **\* 1:45pm Raffle draws & Presentations (Buddy Walk Heroes)**

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

#### ***First Aid***

**Shannon 0404 480 989**

**Connor 0403 027 253**

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

Buddy Walk - Sydney 2008  
Route Map

First Fleet Park, Circular Quay  
to Milson Park, Kirribilli

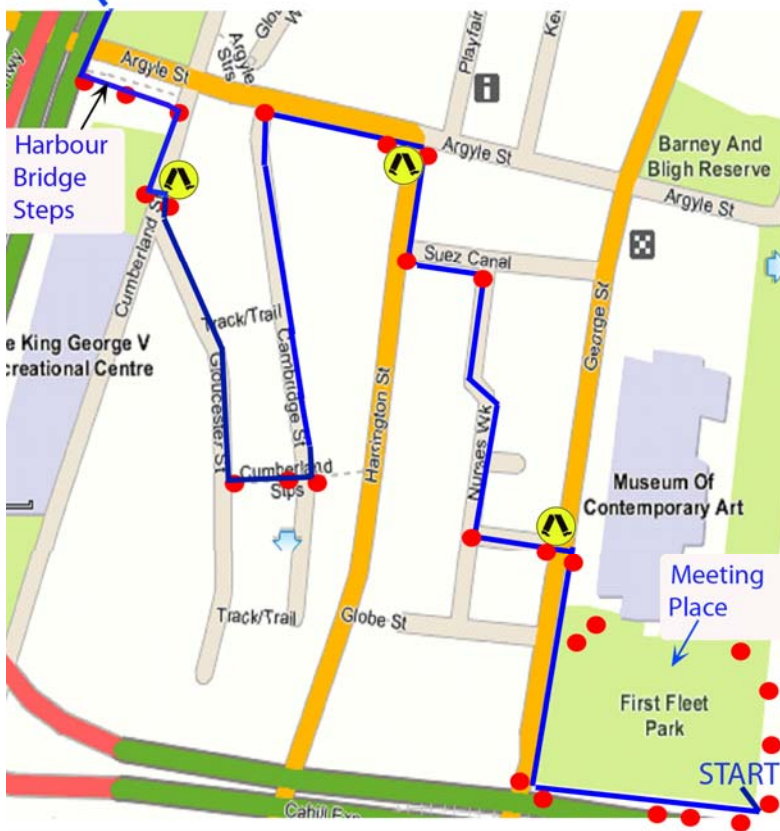


**Step-by-step Route Guide  
(continued)**

- 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.

# Event Kit

## 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](http://www.131500.com.au)

### Taxis:

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

Taxis Combined **133 300**

# Event Kit

## RULES and GUIDELINES

*to make sure we have the best possible day.*

- All participants in Buddy Walk 2009 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 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.

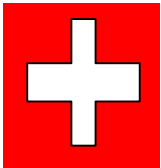
There will be large numbers of people. All children must be supervised by a responsible parent or adult, when crossing roads, when near traffic or water *and at all other times*. If you do not know your child's location, report to an event volunteer (in Yellow 'Buddy Walk Shirt') **immediately**.

- 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 **0404 480 989** or **0403 027 253**

**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.

# Event Kit

## 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!
- **BYO picnic lunch** - There will be a limited range of refreshments on site including a sausage sizzle 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](http://www.dsansw.org.au) or email Priscilla on [priscilla@dsansw.org.au](mailto: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](http://www.dsansw.org.au) or contact Priscilla on 02 9841 4444 or 0417 066 845 or [priscilla@dsansw.org.au](mailto:priscilla@dsansw.org.au) . BYO picnics are welcome.

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

**Sausage Sizzle** Sausage, onions, condiments, roll (*gold coin donation*)

**Fresh Orange Juice / Fresh Lemonade** \$2 small / \$4 large

## WEATHER PLANS

Buddy Walk 2009 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:0298414444) on morning of the walk: [02 9841 4444](tel:0298414444).

## FURTHER HELP / INQUIRIES

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

# Event Kit

## 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](http://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.

It takes just a few minutes to create your own Hero Page - follow the links and click [register] to begin. 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 2009 - It's a GAS! (Grandparents And Siblings)**

This year, we celebrate the very important role grandparents, brothers and sisters play in the lives of many people with Down syndrome. The constitution of Down Syndrome NSW was amended to allow grandparents and siblings to become full members for the first time - until then only people with Down syndrome and their parents could become full voting members.

We will be holding our first workshop specifically for grandparents and also have some UP! Club and other special events planned for siblings. We will be working on further ways we can involve and support grandparents and siblings in the months ahead.

Of course, there are often many other important people in the lives of a person with Down syndrome - friends, aunties, uncles, employers, teachers - all are welcome and celebrated at **Buddy Walk - Australia 2009**.

# 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 9841 4444 or email [admin@dsansw.org.au](mailto: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](http://www.dsansw.org.au) or call 02 9841 4444.

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
	<b>Sponsorship Forms:</b> Handy for fundraising door to door, at shopping centres, at school or work. Can be used to record pledges or donations.
	<b>Donation Forms:</b> 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.
	<b>Money Boxes:</b> Handy for putting on shop counters, or reception counters at clubs and business places.
	<b>Down Syndrome Awareness Week Posters:</b> The series 'LOOK BEYOND and you'll see...'
	<b>Raffle books:</b> Raffle tickets can be sold for \$2 each or \$20 for a book of ten, to friends, neighbours, family, workmates, club mates, etc.

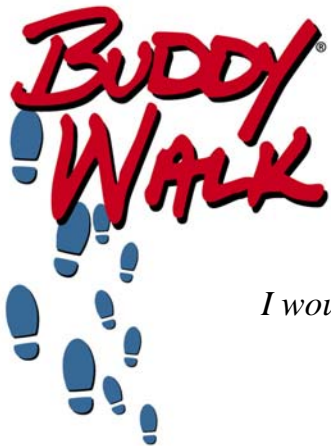
My contact details are:

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

Return in the **Reply Paid Envelope**, or contact Priscilla on **9841 4444** / [buddywalk@dsansw.org.au](mailto: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 2009 Donation Form

*I would like to make a sponsorship gift to **Down Syndrome NSW**  
for Buddy Walk 2009 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 9841 4444, [priscilla@dsansw.org.au](mailto:priscilla@dsansw.org.au) web [www.dsansw.org.au](http://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 9841 4444 for details



# SPONSOR FORM

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

**FUNDRAISER:**

**AUTHORITY # :**

**EVENT: 'Buddy Walk 2009'**; 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: _____			
				<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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