

How Action for Children works

For 150 years, Action for Children has supported children, young people and families across the UK. We work tirelessly to make sure children get the best start in life, have safe and loving homes, and receive the support they need to thrive as adults.


How can you help?

Action for Children staff, volunteers and supporters organise all kinds of fundraising events throughout the year, ranging from bake sales and quizzes to marathons, bike rides and abseils. So, if walking isn't your cup of tea, please contact our Customer Support team, visit our website or speak to your local fundraiser about other exciting events in your area. You can even organise your own fundraising event – get the support you need at: actionforchildren.org.uk/find-your-fundraiser

Action for Children

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A brief history of Step Out

Step Out for Children walks have been taking place for an incredible 35 years. We are extremely grateful to our amazing volunteer walk organisers who plan these fantastic days out, which are enjoyed by everyone who takes part.

If you would like to find out more about Action for Children – or want to organise your own event – please contact our Customer Support team on **0300 123 2112**.

HOW

ACTION FOR CHILDREN

WORKS



Step Out for Children 2019



Walks List

By stepping out for children, you'll pave the way for a brighter future.

Welcome to this year's Step Out for Children walk list

Step Out for Children sponsored walks are a great way to get involved with your local community and raise awareness of Action for Children's work. This year we are celebrating 35 years of incredible Step Out for Children walks and need your help to make it our best year yet.

Every walk on the Step Out for Children list is unique, ranging from short, gentle strolls through charming parks and villages, to longer, more challenging treks. There really is something for everyone.

Once you've chosen your walk, please contact the walk organiser to register. Alternatively, you can contact your Local Fundraiser for more information. Please visit [actionforchildren.org.uk/find-your-fundraiser](https://www.actionforchildren.org.uk/find-your-fundraiser) for more details.

Please note: walks will finish at the starting point unless otherwise indicated.



We'd like to say a big thank you to everyone who supported the 2018 Step Out for Children walks. It was a brilliant year and we raised over £17,000! We're truly grateful to all our walk organisers and walkers. It's thanks to you, our loyal supporters, that we're able to transform the lives of vulnerable children across the UK.

SPONSORED WALKS LIST 2019

Walks list key

Easy walk

- WP** Suitable for wheelchairs and pushchairs
D Dogs welcome on lead
R Refreshment facilities

Moderate walk

- S** Walking shoes required
W Wellies if wet
WC Toilets
DWC Disabled toilets

Difficult walk

- CP** Car Park
C Suitable for adults with children

CUMBRIA

SOFC16X19 Arnside

A unique walk across the sands of Morecambe Bay.

Date and time: 21 September 2019

Start place: Arnside Shore

Finish place: Kents Bank Station

Distance: Approximately 8 miles

Key: D, R, CP

Name of organiser: Mrs Helen Noble
To register, contact: 01925 415097 or 07872 675863

Extra details: Enjoy the stunning scenery and panoramic views of the Southern Lakes area, led by the Queen's Guide to the Sands. The registration fee for adult walkers is £10 (under 18s are free). Please note: the walk is unsuitable for young children under six years old. Complimentary light refreshments will be provided following the walk.

DEVON

SOFC13X19 Barnstaple

Two walks – either 1 mile or 3 miles – on country lanes through Barnstaple.

Date and time: 8 June, starting at 10.30am and 11.15am

Start place: Eberly Lodge Chapel, EX38 7JT

Distance: 1 mile and 3 miles

Key: WP, D, R, S, W, WC, DWC, C

Name of organiser: Mrs Meg Jeffrey

To register, contact: Sara Joseph Shearman on 07543 664895

Extra details: Lunch available at the Chapel following the walk for a cost of £5.50. All proceeds will go to local Action for Children projects.

SOFC02X19 Yelverton

Enjoy either a long or short walk among the Dartmoor ponies.

Date and time: 8 June. Registration is open between 11am and 12.15pm, and the walk begins at 12.30pm

Start place: Clearbrook Village Hall, Clearbrook, Yelverton, PL20 6JD

Distance: TBC, but short and long routes will be available

Key: WP, D, R, S, W, WC, DWC, C

Name of organiser: Mrs Dorothy Turpitt

To register, contact: Jamie Lee on 01752 560206

Extra details: Tea and coffee will be available before and after the walk. Money raised from the refreshments will go to Action for Children.

ESSEX

SOFC06X19 Colchester

A picturesque circular walk through the Essex countryside, mainly on footpaths and quiet roads.

Date and time: 8 June at 10am

Start place: Somerville, The Folley, Layer-de-la-Haye, Colchester, CO2 0JA

Distance: 4 miles

Key: D, R, S, W, WC, CP, C

Name of organiser: Mr Keith Thompson

To register, contact: 01206 844252

HAMPSHIRE

SOFC04X19 Barton-on-Sea

A stunning clifftop walk with beautiful views across Christchurch Bay to the Isle of Wight.

Date and time: 1 June, 10am

Start place: 2 Christchurch Bay Road, BH25 7NT

Distance: 6 miles

Name of organiser: Mrs Jacqueline Massie

To register, contact: 01425 612272 or 07810 164622 (text only)

KENT

SOFC12X19 Birchington-on-Sea

A scenic walk around the lovely Thanet Coast.

Date and time: 2 June 2019 at 12.15pm

Start place: Birchington Methodist Church, CT7 9BP

Finish place: The Turner Contemporary, Margate

Distance: Approximately 5 miles

Key: WP, S, WC, C

Name of organiser: Mrs Susan Huston-Dalgliesh

To register, contact: 01843 847312 or 07575 829707

Extra details: Everyone is welcome to attend the service at Birchington Methodist Church from 11am-12pm before the walk. Walkers are also welcome to bring a packed lunch to eat on the seafront outside The Turner afterwards.

SOFC07X19 Maidstone

A 5 or 10 mile walk around the beautiful grounds of Mote Park.

Date and time: 23 June at 11am

Start place: Mote House, ME15 7SU

Distance: 5 or 10 miles

Key: D, R, S, WC, CP, C

Name of organiser: Miss Laura Hanratta

To register, contact: 07525 731316

Extra details: A BBQ will be supplied at the end of the walk, along with other food and drink options. Local band, 'Acoustic Tones', will be there to entertain the crowds.

SOFC09X19 Whitstable

A short but scenic coastal walk of between 3 and 5 miles.

Date and time: 13 July 2019 at 10am

Start place: Whitstable Harbour

Finish place: Herne Bay

Distance: 5 miles

Key: S, W, CP, C

Name of organiser: Mr Paul Skipp

To register, contact: 07939 604253

LINCOLNSHIRE

SOFC10X19 Boston

A gentle walk along the stunning River Witham.

Date and time: 13 July at 2pm

Start place: Witham Tavern by Sluice Bridge, Boston, PE21 9JS

Finish place: Langrick Bridge

Distance: 5 miles

Key: WP, D, S, W, C

Name of organiser: Mrs Sheila Lymer

To register, contact: Toni Hudson on 07843 344625

MERSEYSIDE

SOFC15X19 West Kirby

A 4.5 mile walk across West Kirby beach to the Hilbre Island Nature Reserve.

Date and time: 13 July at 12.30pm

Start place: Dee Lane Slipway (opposite Morrison's car park)

Distance: 4.5 miles

Key: D, S, WC, DWC, CP, C

Name of organiser: Mrs Helen Noble

To register, contact: 01925 415097 or 07872 675863

NORFOLK

SOFC05X19 Downham Market

A historic walk through Downham Market taking in some of the town's main sights.

Date and time: 13 July at 10am

Start place: Downham Market Methodist Church

Distance: 3.5 miles

Key: D, R, S, W, WC, DWC, CP, C

Name of organiser: John and Hazel Miles

To register, contact: 01366 385772

Extra details: Refreshments will be available at the church following the walk.

SURREY

SOFC08X19 Sunningdale

A pleasant and mainly flat walk around Virginia Water, taking in the lake, flora and fauna.

Date and time: 1 June at 10am

Start place: Wheatsheaf Hotel, Sunningdale, GU25 4QF

Distance: 4.5 miles

Key: WP, D, R, WC, DWC, CP

Name of organiser: Mrs Maggy Garton

To register, contact: 01344 454694

WALES

SOFC01X19 Colwyn Bay

A beautiful 6 mile walk along a stunning coastal road.

Date and time: 24 August at 2pm

Start place: Near the old Colwyn Bay Pier

Finish place: Llandudno Pier

Distance: 6 miles

Key: WP, D, R, S, W, WC, DWC, CP, C

Name of organiser: Mr Clive Davies

To register, contact: 01244 536988 or 07811 807446

WEST MIDLANDS

SOFC14X19 Wolverhampton

A short circular walk around West Park.

Date and time: 8 June at 10am

Start place: West Park, opposite West Park Hospital

Distance: 1 mile

Key: WP, D, R, WC, DWC, CP, C

Name of organiser: Mrs Judy Brown

To register, contact: 01902 752587

YORKSHIRE

SOFC03X19 Huddersfield/Marsden

A scenic walk along the Huddersfield Narrow Canal to Slaithwaite and back.

Date and time: 9 June at 1pm

Start place: Slaithwaite Methodist Church, Carr Lane, Slaithwaite, Huddersfield, HD7 5AN

Distance: 5 miles

Key: WP, D, R, W, WC, DWC, CP, C

Name of organiser: Mrs Elizabeth Bishop

To register, contact: 07853 916988

Extra details: Refreshments will be provided at halfway and on the walkers' return.