

ADVICE FOR PARTICIPANTS

We are delighted that you are going out to visit our wonderful churches and hopefully have lots of sponsors. The list shows all the churches in Northamptonshire taking part this year but, like last year, there may be some last-minute changes.

Churches may not be open but you will hopefully find a register in the porch. If no register, or the church is not taking part, maybe take a photo for your sponsors. Many churches are planning to welcome people, provide refreshments, and have a toilet available, but some may have to be closed at short notice. The churches are listed in Deaneries but remember there may be churches very near each other in different Deaneries. Click on the Deanery name at the bottom of the Excel sheet. And, of course, you can also cross into other counties. See list below.

Before the day, obtain **sponsorship** from family and friends. **A signature is not required for Gift Aid**. Encourage them, if they are taxpayers, to let you fill in the **Gift Aid** section (name, home address, postcode, "Yes" and date) as this allows us to claim from the Government's Gift Aid scheme and costs the sponsor nothing. Please complete the section on the front with your details (required for sponsors' Gift Aid).

If you wish to use **Just Giving** or a similar fundraising site, set up a crowdfunding page in your name then transfer the money to NHCT after you have received all your sponsor money. Send a **Payment Slip** as well so our Treasurer can identify your payment and make your return payment.

***Take care!** Please cycle responsibly and carefully especially if cycling in a group. We strongly recommend you study all the relevant sections of the Highway Code. Make sure that your bike is roadworthy. Wear helmet and hi vis clothing. Walkers - take care on country roads.*

Some of the churches you visit may not be open, however at each one you visit, please, if there is a helper, ask them to fill in or initial your entry on the back of your form. If the building is closed or no one is about, complete the back of the form yourself.

After the event, collect your sponsorship money and hand it, with the sponsorship form, to your Local Organiser. Half the money collected will be returned to the church or chapel of your choice, the other half plus Gift Aid retained by Northamptonshire Historic Churches Trust to give out as grants. **Cheques payable to NHCT please**. If independent, use **Payment Slip** and send cheque with your sponsor form direct to NHCT Treasurer – details on Payment slip.

Sponsor money can be sent direct to our bank account:-

Northamptonshire Historic Churches Trust Nat West Sort code: 56 00 60 Account No: 05608961 (also on the NHCT website Home Page under Donations). Please identify your church in the reference section of your payment and separately send a completed **Payment Slip** (email or post) to our Treasurer **showing that reference** so he can make the return payment to your church.

INSURANCE LIABILITY

The trustees of the Northamptonshire Historic Churches Trust accept no liability in respect of personal injury or damage sustained by any person in relation to the Ride and Stride, save where this is caused by the negligence of the trustees. Any horse riders taking part must have public liability insurance. If a participant wishes to have personal insurance, he/she must make their own arrangements.

ADJACENT COUNTIES

Information about Ride and Stride in adjacent (and other) counties can be obtained by following the link below but most do not give information about whether churches are open and some give no details at all. Also on website www.nhct.org.uk under Useful Links - Ride + Stride UK

<https://ridestride.org/>