

SPONSORED
5km & 1.5km



THE NORFOLK
HOSPICE
TAPPING HOUSE



SANTA DASH

sATURDAY 7th dECeMBER

DaSHing STarTs aT 11Am

THE WALKS, KING'S LYNN

Register online @ norfolkhospice.org.uk



Adults £10 (including a free Santa Suit)

Children (Aged 5 - 16) £5

Under 5's free entry



The Norfolk Hospice, Tapping House : Common Road (West), Snettisham, King's Lynn, PE31 7PF

01485 542891: events@norfolkhospice.org.uk

Registered Charity No. 1062800

The Norfolk Hospice, Tapping House Santa Dash

7th December 2013

100's of Santa's will be seen dashing around King's Lynn's 'The Walks' on Saturday 7th December as they take part in The Norfolk Hospice's annual Santa Dash. It is hoped that this year's event will grow on the previous year's success and raise thousands pounds for the charity.

The Norfolk Hospice, Tapping House delivers specialist palliative care services to patients, and their families, with long term medical conditions, as well as those patients nearing the end of their lives.

The Norfolk Hospice helps each patient to live life to the full, every day, no matter how many days a person may have left. The services are available through Day Therapy at the Hospice or through the use of the Hospice at Home service, or through a limited number of in-patient beds.

Support is available to patients from 18 years of age, and the clinical relationship which the Norfolk Hospice has developed with children's hospice services means its staff is able to assist young people suffering from life threatening illnesses as they make the transition through their teenage years to adulthood.

This is the hospice's third Santa Dash, which last year attracted lots of Santa's and elves who dashed (and strolled) around the King's Lynn park and raised over £2500 for the Snettisham based charity. It is hoped that this year's event will grow on the previous year's success and raise thousands pounds for the charity.

The dash is open to anyone of any age and ability – a 1.5km dash can be undertaken by anyone who feels that 5km is a bit too far to be dashing and dashing is not essential – a slow gentle walk may prefer.

Registration for the dash can be completed in the following ways

1. Online – www.norfolkhospice.org.uk
2. By picking up a registration form from any of the Hospice shops
3. By calling 01485 542891

Registration costs £10 per adult and £5 for under 16's. Children under 5's are FREE! Under 16's are invited to dress in festive costume.

The Santa Dash will start at 11am with Santa's needing to sign in from 10.15.

Statistics state that 80 -100 in-patient beds are needed per one million of the population. With around 300,000 people living in North and West Norfolk, this equates to a need for 30 beds. A big step forward in reaching this target will be achieved when the Norfolk Hospice, Tapping House completes the construction of its new purpose designed and built facility at Hillington, near Kings Lynn in Spring 2014. Ends

Notes for the editor:

The Norfolk Hospice - Tapping House
Common Road (West), Snettisham , Kings Lynn, Norfolk PE31 7PF
(Reg. Charity No. 1062800)

Since 1984, the Hospice has been providing palliative care to people with cancer, neurological and other life-limiting conditions, to enable them to live life to the full for whatever time is left.

We care for over 300 people a month at the hospice and at home. Our care is provided without charge throughout Norfolk and the Fens and it costs £1.4 million a year to run the Hospice. We are also able to support patients and carers in parts of the East Cambridgeshire region. We depend on the generosity of the community to survive: 88% of running costs are paid for by the individuals, organisations and groups who give generously to support our vital care.

In life, nothing is certain but, with your help, we can ensure that Norfolk and the Fens has the finest hospice care possible, now and in the future.

For media details, further information and photo opportunities please contact:

The Fundraising Office
T: 01485 542891
E: Rebekah.mills@norfolkhospice.org.uk
W: www.norfolkhospice.org.uk

Or

Nigel Tompkins
New Ideas for Business
T: 01263 822427
E: nigel@ni4b.co.uk

