



The Rotary Clubs of Balgownie and Ellon  
**THE SANDWALK REGISTRATION FORM**

The SandWalk is a sponsored walk in aid of these charities

	TEEN CHALLENGE	<input type="checkbox"/> *
	CHILDREN'S HOSPICE ASSOCIATION SCOTLAND	<input type="checkbox"/> *
	CLAN (Cancer Link Aberdeen & North)	<input type="checkbox"/> *
	ERSKINE (Caring for Veterans in Scotland)	<input type="checkbox"/> *

\*Please indicate the charities you would like to support

**Sunday 5th September 2010**

**Registration fee - £5 payable on the day**

The registration fee is payable by everyone aged 16 years and over taking part in the sponsored walk, including youth and other group leaders. The registration fee helps Rotary to cover the cost of transport and postage, thereby enabling us to pass all your sponsorship money on to the nominated charities. **Children under 16 must be accompanied by an adult.**

Only one name per form please.

Please use BLOCK CAPITALS and enter the name you wish to appear on your certificate.

First name(s) .....

Surname .....

Address .....

..... Postcode .....

Tel No (inc STD Code) .....

*If you are part of a group please indicate group name below.*

Group name .....

I wish to take part in The SAND WALK, 2010 and agree to accept any conditions imposed by the Rotary Clubs of Balgownie and Ellon, and accept their instructions. I acknowledge that I am taking part at my own risk and that I will be responsible for any children under my jurisdiction. I bind myself and my representatives to free and indemnify the organisers from any claims arising for any reason as a result of the walk.

Signature .....

(If you are completing the electronic version of this form please type in your name to sign)

Check the box if you **do not want** your details sent to the charities you are supporting.

**Register by post or on line at [www.thesandwalk.co.uk](http://www.thesandwalk.co.uk)**

**Please send your completed entry form to:**

The Sand Walk  
 c/o Ellon Business Centre  
 Broomiesburn Road  
 Ellon  
 Aberdeenshire  
 AB41 9RD

The sponsorship form will be sent as soon as possible after the receipt of the Entry form.

**Transport and Parking**

Parking is available at Balmedie Country Park. Transport will be provided to the start point, LEAVING BALMEDIE COUNTRY PARK car park between 11.00am and 12.30.

**Further details will be sent with the sponsorship form.**

Regrettably dogs are not permitted on the bus, please see the Key Points on the web site. If you are to be accompanied by children under 16, please provide a list of names, and dates of birth. See the web site for details or phone 0845 2260319

Thank you for supporting

The SandWalk 0845 2260319  
[www.thesandwalk.co.uk](http://www.thesandwalk.co.uk)



Organised by  
 The Rotary Clubs of Ellon  
 and Aberdeen Balgownie

10

*the*  
**SAND  
 WALK**

*Newburgh to Balmedie*

**5th September 2010**  
 Registration £5 (Under 16s Free)  
 Support one or all of our charities.

For registration or more information  
 phone **0845 2260319** or go online  
[www.thesandwalk.co.uk](http://www.thesandwalk.co.uk)

*A Charity Sponsored Walk for all the Family*



*the*  
**SAND WALK**  
*Newburgh to Balmedie*

**5th September 2010**





*Helping anyone affected by cancer*

CLAN, Cancer Link Aberdeen & North is an Aberdeen based charity providing support, information, education, complementary therapies and other services to anyone directly or indirectly affected by cancer. The service is available from pre-diagnosis through treatment and beyond. CLAN covers the North East of Scotland, Orkney & Shetland. They also offer accommodation for anyone having to travel to Aberdeen for treatment or perhaps to visit a loved one in hospital. CLAN offers comfort, hope and support to ANYONE OF ANY AGE AFFECTED BY CANCER. Telephone support/Home visits are also available for anyone unable to attend the centre. CLAN needs to raise nearly £80,000 each month to provide these services.

CLAN launched the 123 campaign (1 charity has 2 years to raise £3million) to raise funds to allow them to build a brand new purpose built Cancer Support Centre. [www.clanhouse.org](http://www.clanhouse.org)



Erskine was established in 1916 to care for wounded soldiers and sailors returning from the First World War. Over 90 years later, Erskine cares for more than 1,300 ex-Service men and women of all ages each year through residential, respite and dementia nursing care in five Erskine Homes across Scotland. We provide housing for ex-Service personnel and their families in 56 war pensioners' cottages and employment in four Social Firms: Erskine Furniture, Print, Garden Centre & Coffee Shop and Reid Macewen Training & Conference Centre. In addition, a Care Scheme in partnership with Barchester Health Care, providing high quality residential, respite and dementia care services, allowing residents to remain close to their family and friends in their local community, is operated in Aberdeen, Dumfries, Dundee and Inverness. [www.erskine.org.uk](http://www.erskine.org.uk)



Teen Challenge operates in the North East of Scotland with centres at Sunnybrae & Benaiah. Sunnybrae opened in 2003 for young men & Benaiah in 2009 for women and mothers with children. Both operate in an atmosphere of Christian love with dedicated & caring staff seeking to provide a high quality residential programme to produce positive & lasting changes to each resident who completes it. At both centres a 12 month residential programme is offered for those between 18 & 35 years of age who are searching for the answers to their life controlling problems, especially drug/and or alcohol addictions. [www.teenchallenge.org.uk](http://www.teenchallenge.org.uk)



**Children's Hospice Association Scotland**  
Sharing the Caring

The Children's Hospice Association Scotland (CHAS) is a Scottish charity that provides the only hospice services in Scotland for children and young people with life-limiting conditions. A children's hospice offers professional care, practical help and emotional support to the whole family usually from the day of acceptance, to the death of their child, and beyond.

Rachel House in Kinross, Scotland's first children's hospice, opened in March 1996. Robin House in Balloch opened in August 2005. Both hospices are purpose-built and each can provide ongoing support for up to 200 families across Scotland each year. CHAS also provides a home care service, called CHAS at Home, staffed from both hospices and with a dedicated team in Inverness. The service offers care to families in their own homes when they need it most. [www.chas.org.uk](http://www.chas.org.uk)

