

The Gower Peninsula Challenge

7th June 2025

22-mile or 10-mile fundraising walk



BROWN DOG

Helping people with cancer

Information
Pack



Thank you for joining our 25th Anniversary Challenge at the Gower Peninsular in Wales which is one of the most beautiful parts of the UK and is an area of outstanding natural beauty.

This pack is designed to give you all the information you need to take part, as follows:

BEFORE THE EVENT

Page 4 – Our 2025 Campaign Goal

Page 5 - Set up your Fundraising Page

Page 6 – Fundraise to raise money

Page 7 - Book your Overnight Stay

ON THE DAY OF THE EVENT

Page 9 - What to pack and wear for the event

Page 10 - Where to meet on Saturday morning

Page 11 - Where you will start 22-mile walk

Page 12 - Where you will start 10-mile walk

Page 13 - Requirements & Support on the challenge

Page 14 - Ground Support Access points

Page 15 - Celebration Dogs Dinner Timings

Things to do

BEFORE THE EVENT

Sentinel Lymph Node Biopsy (SLNB) probe is a vital diagnostic procedure in managing cancers, particularly in oral and skin cancers.

By funding the purchase of a SLNB, Brown Dog would play a crucial role in enhancing the hospital's ability to provide state-of-the-art care and enhanced treatment on the Head & Neck cancer unit.

A handheld probe helps to identify the first lymph node (or nodes) that cancer cells are likely to spread to, allowing for targeted treatment that can prevent the spread of cancer while minimizing unnecessary treatments and their associated side effects.



This picture isn't the exact picture of the probe.

Benefits to Cancer Patients on the Head & Neck unit:

Generally

- Patients will no longer have to travel to Nottingham for treatment which will enable Leicester RI to deliver optimum care and faster and more timely interventions
- It will significantly reduce waiting times
- Improve the accuracy of cancer decisions leading to better clinical outcomes.

Specific Benefits for Oral Cancer patients:

- The benefit of avoiding neck dissection in early-stage oral cancer patients is significant
- Not only does it minimize the risk of shoulder morbidity (such as reduced shoulder function and chronic pain), but it also greatly improves the quality of life for patients
- Preserving the integrity of surrounding tissues and structures leads to quicker recovery and less postoperative discomfort, allowing patients to maintain their functional capabilities and overall well-being.

Specific Benefits for Skin Cancer patients:

- Determines the early spread of cancer to the lymphatic system and enables faster treatment and a quicker recovery

Set up your fundraising page

Go to “www.justgiving.com”

Click “start fundraising”

Click “A Charity”

Log In (if you have an account) **or Create an Account**

Type “**Brown Dog**” in search for cause

Click “**Brown Dog**”

Click “**Taking part in an event**”

Click “**The Gower Challenge**”

Choose your Fundraising e-mail address

Click the appropriate Gift Aid box

Click “Create your page”

Once your page is created

You can edit to personalise it

You will be given a link that you can send to family, friends and colleagues

e.g. www.justgiving.com/F-Bloggs

Follow the process on the left to **set up your own fundraising page on Just Giving** and start raising money straight away

There are some good reasons for doing this:

- ✓ You are given your own link that you can mail to family, friends and colleagues, or put on Facebook/Twitter etc.
- ✓ It makes it easy for your supporters to donate
- ✓ Gift Aid is added automatically and goes straight to the charity
- ✓ You can set a target and track how you are doing against it
- ✓ Brown Dog can see if we are on track to hit our overall 2025 target

The process to set up your page is very easy and only takes 10 minutes

If you and your partner or friend are doing the challenge you can set up a joint shared fundraising page.

IMPORTANT NOTICE TO YOUR SUPPORTERS

When people make a payment, please point out that Just Giving asks for a voluntary donation (to them!) and their system automatically defaults to a 15% donation. **PLEASE ASK YOUR SUPPORTERS TO WATCH OUT FOR THIS AND TO CHANGE THE VOLUNTARY DONATION TO JUST GIVING TO ZERO %** so they don't pay more than they want to.

Fundraising

Fundraising is not just about asking people to support you

If you can organise something that gives pleasure, then people will support you even more

Ask family, friends and colleagues to support you by donating

Ask people to make a regular donation to Brown Dog

Find out if your employer has a charity budget and ask for support

Organise a Cake and Coffee Day
Make cakes – sell cakes

Organise a themed or fancy-dress party at home or in a function room

Talk to your local school/s and ask them to support you

Set up a neighbourhood car wash and clean people's car for money



Organise a car or walking Treasure Hunt

Organise a Dad's v Lads football match and charge £10 to play

Organise a sporting Event that you are interested in

Organise a Dinner Party and charge people for the meal

Organise a music event and get local bands to perform for free

Organise a pub Quiz

Organise a BBQ in your garden

Overnight Stay

Because of the early start on Saturday 7th June, you will need to arrange accommodation in or near to Swansea for Friday 6th (unless you live near to Swansea or you are doing the 10-mile walk which starts later, which may enable you to travel from home and not stay over on Friday if you prefer)

If you are joining the celebration dinner on Saturday finish, we also recommend that you stay over on Saturday 7th as it is a late finish, and you will be tired from the event.

It is completely up to you where you stay, depending on what you want to pay.

This could be a hotel, alternatively a B&B, AirB&B, Caravan, Cottage, Tent etc.

You need to arrange and pay for your own accommodation.

You may decide that you want to stay at the hotel where the Celebration Dogs Dinner is being held so that you don't have to drive or taxi to and from the dinner. If you do, here are the details:

The Grand Hotel

Ivey Place, High Street, Swansea. SA1 1NX

The hotel has offered us discounted room rates:

Double £112 per night including breakfast (£56 pp for 2 sharing), Single £99

To book call the hotel on 01792 645898 and quote "Brown Dog"

Things to do

ON THE EVENT DAY

What to wear and pack for the walk

CLOTHES TO WEAR/PACK

- Walking Boots**
 - that you have broken in
 - trainers not recommended
- Walking Socks**
 - and maybe a spare pair if you have sweaty feet!
- Walking trousers or shorts**
 - no jeans please!
- Waterproof Trousers & Kag**
 - when it rains in Wales it rains!
- T-Shirts**
 - 1 to wear, maybe another to change into
- Fleece/Sweatshirt/Jacket**
 - could be cold in the morning
- Hat (optional)**
 - protects from rain and sun

WEAR LAYERS TO STRIP DOWN OR WRAP UP

THINGS TO PACK IN YOUR RUCKSACK

- Food**
 - Pack sufficient food for the day
 - Include nibbles to graze on
 - eat little and regularly
- Water**
 - Take at least 2 litres
 - A small bag with water/food can be put in the ground support vehicle at the start to minimise carriage
- Medication**
 - Pain Killers
 - Plasters/Band-Aid
 - Knee/Ankle supports (optional)
- Sunscreen (optional)**
- Miscellaneous Things**
 - sunglasses (optional)
 - toilet paper (optional)
 - plastic bag (optional)



TAKE PLENTY OF FOOD AND DRINK

Coach Pick-Up Point – Saturday 7th

22 mile challenge – be here for 5:45am

10-mile challenge – be here for 11:15am



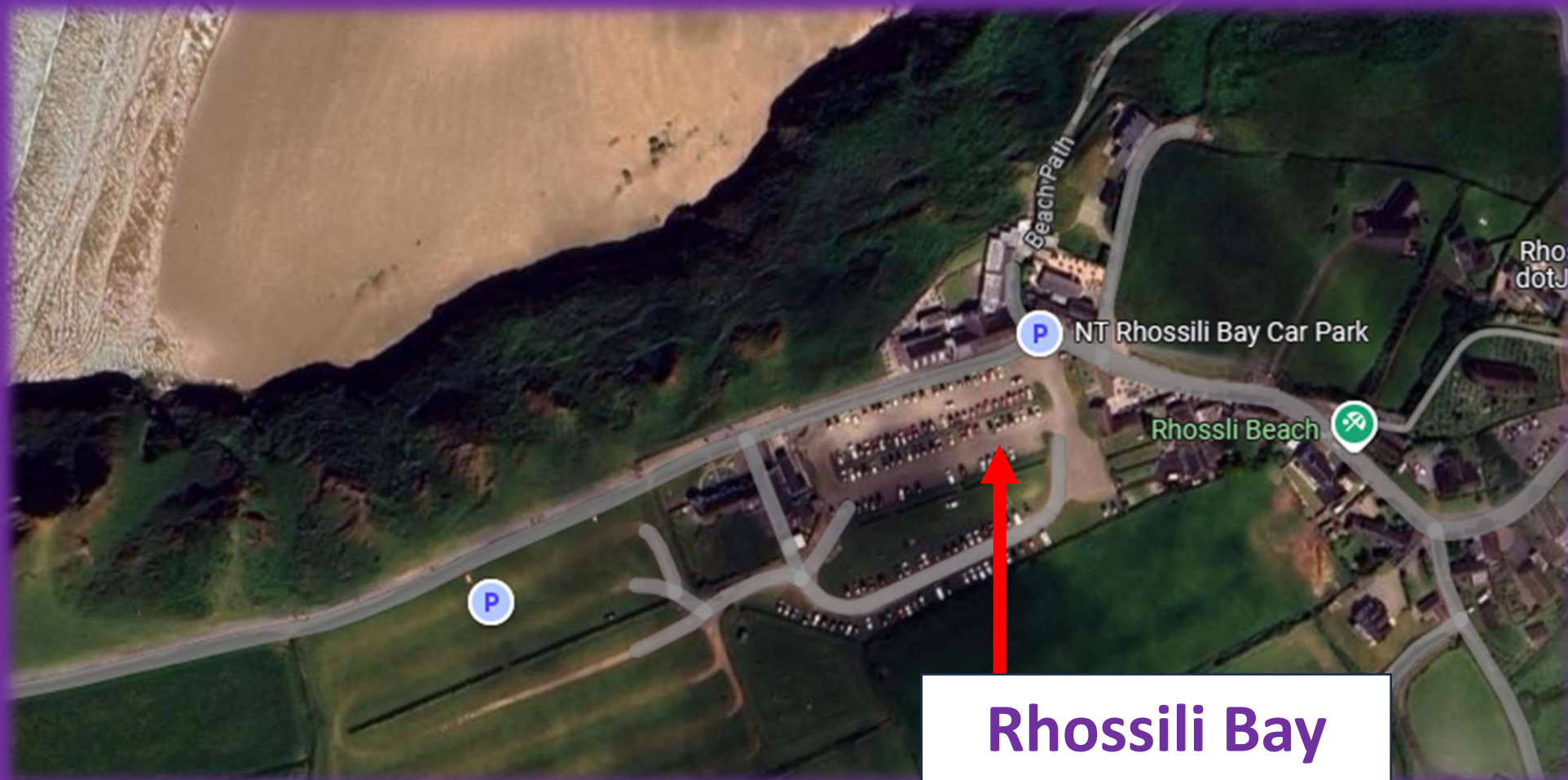
PLEASE NOTE

Do not be late.

The coach will leave at 6am or 11:30am for the 22 or 10-mile walk respectively.

We will not wait for late comers

Start Point – 22-mile walk Rhossili Bay 7am



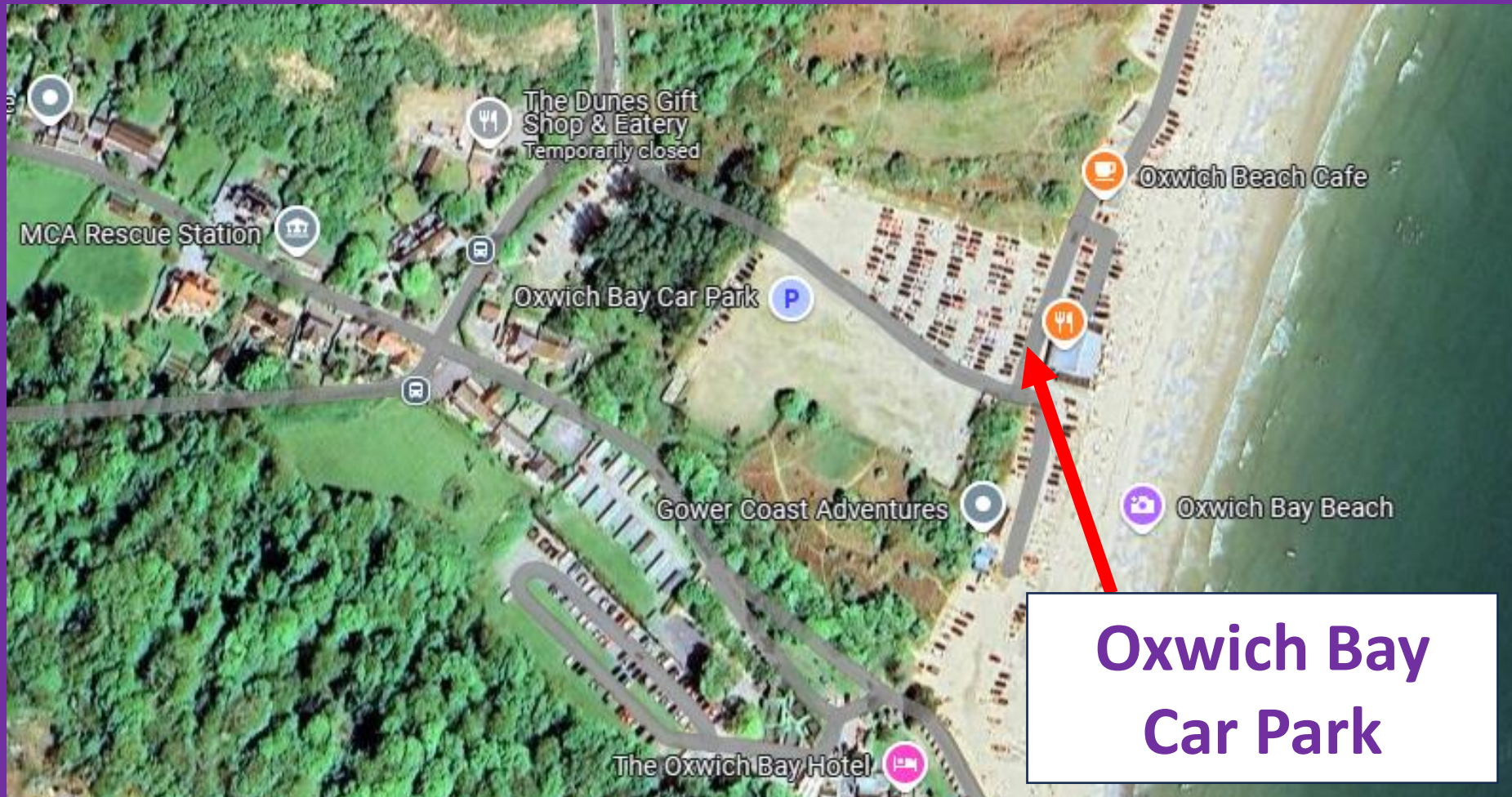
**Rhossili Bay
Car Park**

The coach will take you to the start.

Either on the coach or at the start you will be given a 5-minute safety briefing.

We will also take a team photograph at the start

Start Point – 10-mile walk Oxwich Bay 12:15am



**Oxwich Bay
Car Park**

The coach will take you to the start.

Either on the coach or at the start you will be given a 5-minute safety briefing.

You will meet up with team members doing the 22-mile walk and then walk together to the finish.

There could be a delay in starting if the 22-mile challengers are slower than planned

Requirements & Support on the challenge

Event Requirements

Your safety is the most important thing to us, which is why there are a number of requirements that we ask you to adhere to, as follows;

- Always follow the challenge lead – do not pass in front
- Listen to any instructions from the challenge leads
- Accept that we start as a team, we walk together as a team, we finish as a team and celebrate as a team

Support on the event

We have a Ground Support team (Kate & Amy) who will drive two vehicles that will be used to support us, as follows:

- GS will carry a small bag for you and allow access to the bag at limited meet up points
- GS will carry extra water in case the day is very hot and you run out
- GS enables rest bite for anyone who is struggling
- In the event of a serious injury, GS will arrange emergency assistance or take anyone to Swansea A&E

Ground Support Access Points



You will have access to your small bag
in the Ground Support vehicles at these 4 points

Celebration “Dogs Dinner”



The Grand Hotel
Swansea

Meet for drinks no later than 7:15pm

Sit down for 3 course silver service dinner at 8pm



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Helping people with cancer

Thank you for your support
making a real difference to people fighting cancer