



ALTON LIONS CLUB & WALK ALTON CHARITY SPONSORED WALK

**Saturday 3 September, 9.30am prompt start from
The Cardiac Rehab Centre, Alton**

**Walks of 5 or 10 miles covering Chawton,
Chawton Park Woods & Farrington**



In aid of



Being a parent, whatever your situation, can be very challenging. Many parents feel exhausted and overwhelmed by the stresses of family life. For some parents it is a particular struggle because they are also coping with issues such as post-natal depression, their or their child's illness or disability, mental health issues, isolation or multiple births. That is when parents need support. That is when **Home-Start** can help.

A trained volunteer is carefully matched to a family, visiting regularly and offering emotional and practical support. The nature of the support provided will vary from family to family, depending on needs. However, in all cases the aim is that the support offered will enable the parent to grow more confident in their own abilities and coping mechanisms. Such help prevents problems escalating – we liken ourselves to the fence at the top of the cliff that stops families falling over, rather than the ambulance at the bottom which picks up the pieces – the family are more likely to stay whole rather than being damaged. Prevention is more effective and less costly to society, to families and to children at their most vulnerable stages of development.

Home-Start WeyWater, which covers Alton, Bordon, Liss and surrounding areas is part of Home-Start Hampshire.

Like all charities Home-Start has lost many fundraising opportunities during Covid 19, just at the time that demand for the services has increased. We are so grateful to Alton Lions and Walk Alton for choosing to support the charity.

Payment of sponsor monies to Alton Lions Club

You can pay the money you have collected from sponsors to Alton Lions Club either:

- By Cash on the day of the walk; or
- By Bank Transfer: Alton Lions Club, HSBC, 40 08 21, 81000233.
- By donating online: www.altonlions.org.uk



Sponsor Form

Name of walker _____

Name of Sponsor	Amount (£)	Paid

To enter email Atul: atulpatel94@gmail.com

Sponsorship forms available from

www.walkalton.org.uk or www.altonlions.org.uk