



75
Bromley
mencap
Years

BRIDGING 75 YEARS

**Walking and Cycling Club
Sponsored Walk**





What is it?

Join us for a special walking event to celebrate Bromley Mencap's 75th anniversary.

We will be walking along the River Thames in London.

The walk is about 7.5 miles.

You do not have to walk the full route. You can join us at a point that works for you. There will be places to rest along the way.



When is it?

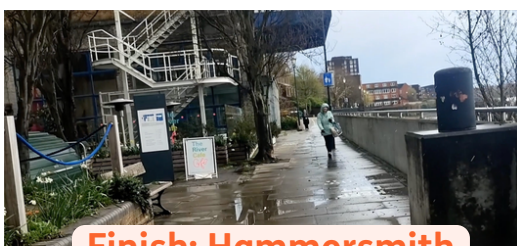
Date: Sunday 5 July 2026

Meet Time: 9:45am

Start time: 10am

Finish time: Around 2:15pm

Start: London Bridge



Finish: Hammersmith

Where does the walk start and finish?



Start: London Bridge

We will meet outside Pret,
43 King William Street, London, EC4R 9AN



Finish: Hammersmith

The walk will finish near The River Café,
Thames Wharf, Rainville Road, London,
W6 9HA.



Can I join part-way?

Yes.

You can join the walk at one of the checkpoints if the full walk feels too long.

Please tell us where you plan to join by looking at our map of the route.

This helps us support everyone on the day.

Registration fee



Fundraising target



£100 or more

Cost and fundraising

There is a £5 registration fee to take part.

We also ask people to raise sponsorship for Bromley Mencap.

We suggest a fundraising target of £100. Many people choose to raise more.

We can support you with ideas to raise money.



Money raised will help us make Family Futures bigger and better.

Family Futures supports families with disabled and neurodivergent children and young people.

It gives families advice, support and a place to turn when they need help.

What should I bring?

Please bring:

- comfortable shoes
- water
- snacks or lunch
- any medication you need
- money or a bank card
- a raincoat or sun hat, depending on the weather

Support on the day

There will be staff and volunteers along the route. They will help guide the walk. There will also be checkpoints along the route.

At the checkpoints, volunteers can help you find:

- toilets
- refreshments
- places to rest
- the next part of the route

Please arrange your own support worker if you need 1:1 support.

How to register

Please complete the paper registration form and return it to Bromley Mencap, Rutland House, 44 Masons Hill, Bromley, BR2 9JG. You can also complete it online.

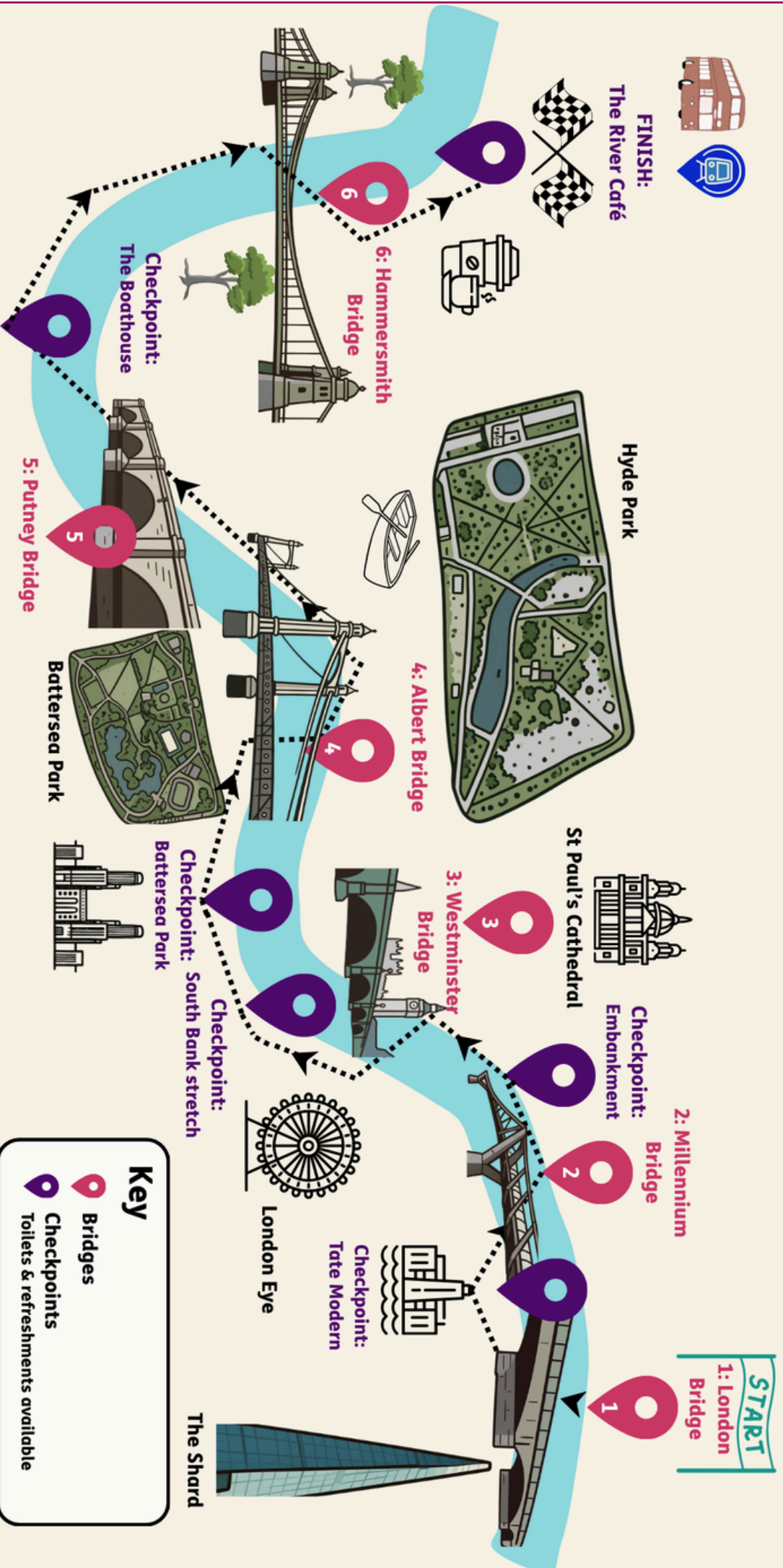
Questions?

Phone: 020 8466 0790

Email: enquiries@bromleymencap.org

A registration form for a 75th anniversary event. The form is titled '75 PERSONAL DETAILS' and includes fields for full name, date of birth, phone, email, and emergency contact details. It also has checkboxes for disability, access needs, and shirt size. A blue pen is shown writing on the form.

Bridging 75 Years Route Map



PERSONAL DETAILS

Please complete so that we are able to keep track of who is joining us on the day.

FULL NAME _____

DATE OF BIRTH ____ / ____ / ____ PHONE _____

EMAIL _____

TICK IF YOU HAVE A DISABILITY ☐

CAN YOU TELL US ABOUT ANY ACCESS NEEDS YOU HAVE:

EMERGENCY CONTACT NAME _____

EMERGENCY CONTACT NUMBER _____

PLEASE TELL US YOUR T-SHIRT SIZE:

☐ SMALL ☐ MEDIUM ☐ LARGE ☐ XL ☐ XXL

☐ I would like to be added to the WhatsApp group for this event so that I can connect with other fundraisers and stay up to date with event information.

Once you have completed your registration entry fee payment, we will send you communications on how to start fundraising for your sponsorship.

How would you like to receive communications?

☐ EMAIL ☐ POST ☐ TELEPHONE