

May

Jessie May Month



Jessie May
Children's Hospice at Home.

This May, you could fundraise by:

- ★ Holding a tea party or cream tea
- ★ Hosting a Eurovision party
- ★ Getting sponsored for a 21 mile walk... it's National Walking Month too!

Dates for your diary

- ★ 1st - 31st National Walking Month
- ★ 7th - Bristol 10k run
- ★ 12th - International Nurses' Day
- ★ 13th - Eurovision Song Contest Final
- ★ 22nd - 28th - Children's Hospice Week

recipe for success!

Tips for a 21 mile walk

You can choose your own route, of course, or if you're feeling adventurous, the path from Bristol to Bath (and back!) is about 21 miles. The route also cuts right through the service area Jessie May works in!

Don't forget:

- dress appropriately for the weather
- bring plenty of water
- break your shoes in before you set out!
- take plenty of breaks and rest when you need to
- let the Jessie May fundraising team know when you're planning to go so we can support you!