



THE JOSHUA TREE

SUPPORTING FAMILIES AFFECTED
BY CHILDHOOD CANCERS

MARCH OVER CHILDHOOD CANCERS GUIDEBOOK



2024

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Thank you for downloading our Walk Over Cancer ebook. With your support, The Joshua Tree can continue to help families affected by childhood cancers.

The Joshua Tree





MARCH OVER CHILDHOOD CANCERS

Let's lace up our shoes, hit the trails, and make a difference this March. Together, we can support families affected by childhood cancers one step at a time.

TAKE ON THE CHALLENGE!

Step up to the challenge of raising **£250** during March.

Support the Joshua Tree by taking on a challenge this March for March Over Cancers month!

Whether you run, jog, hike or skip, challenge yourself to help support the families of The Joshua Tree.

See our fundraising events to sign up to a charity run ranging from 5k to marathons.

Or complete one of our recommended hikes in this guide!

Whatever you decide to do, share your efforts with us on social media and help raise awareness of the support our charity provides.

Achieve your goal and raise £250 and we'll send you a golden Joshua Tree badge to proudly wear as a symbol of your dedication!

Let's lace up our shoes, hit the trails, and make a difference this March. Together, we can support families affected by childhood cancers, one step at a time!



Richard
CEO

GARDEN LAPS



5K A DAY!

MAKING FUNDRAISING INCLUSIVE

Set a goal that's right for you! Our March over Childhood Cancer month is all about getting active to raise vital funds and awareness of childhood cancers. So whatever you choose to do that fits in with your ability, share it proudly and go for your goals!

BEAR HUNT
WOODLAND WALK



WHEELCHAIR MILE A DAY

HOW TO FUNDRAISE

DONATE DIRECTLY



Print off our sponsorship form in this guide. Fill it in, collect your sponsorships and send the total amount to The Joshua Tree as a cheque or bank transfer.

SET UP A JUST GIVING PAGE



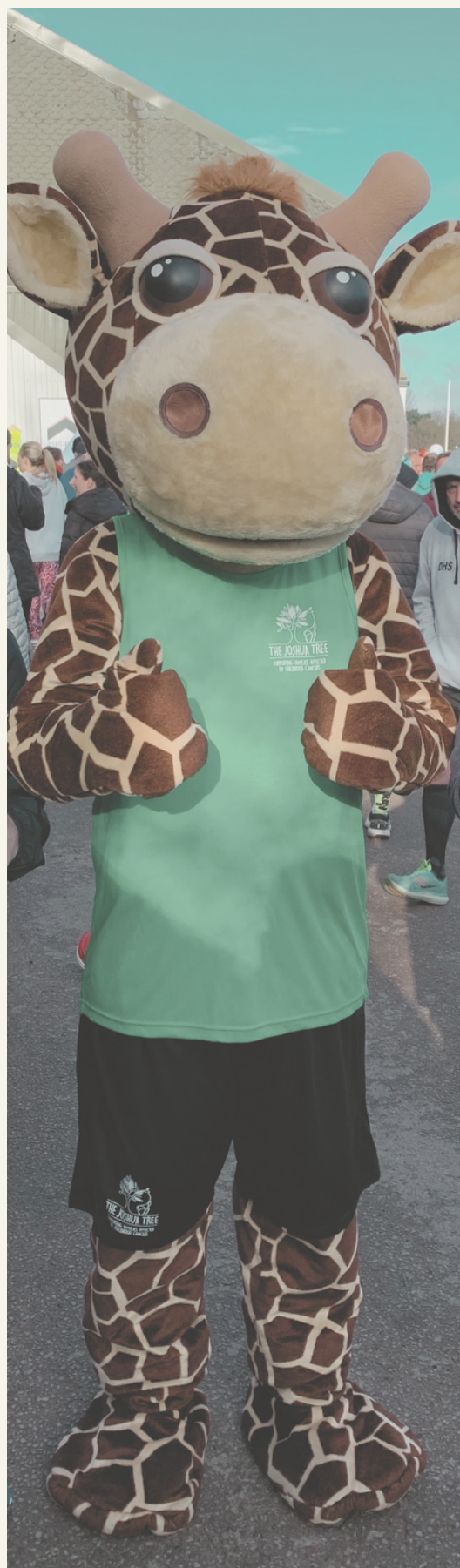
Setting up a Just Giving page is super easy. Search Just Giving online and follow their steps to getting set up. Share your donation link with family and friends and try reach our £250 goal!

CONTACT US



Need our support? Contact fundraising@thejoshuatree.org.uk

We have charity buckets to borrow and more support if you plan on getting involved.





@JOSHUATREEKIDS

THE JOSHUA TREE

THE JOSHUA TREE

THEJOSHUATREECHILDRENSCHARITY

[HTTPS://THEJOSHUATREE.ORG.UK](https://thejoshuatree.org.uk)



THE JOSHUA TREE

SUPPORTING FAMILIES AFFECTED
BY CHILDHOOD CANCERS



The Joshua Tree provides bespoke programmes of support to improve the emotional and mental wellbeing of children and their wider family who are affected by childhood cancers, from diagnosis and beyond, for as long as they need it.

"I TREASURE OUR DAYS AT THE JOSHUA TREE AND I HONESTLY FEEL IT'S THE ONLY TIME I FEEL FULLY SUPPORTED AS I KNOW I'M NOT ALONE."

DONATE NOW



SUPPORT INCLUDES:

- 1:1 Counselling
- Sibling support
- Wider family support sessions
- Personal fitness and nutrition
- Therapy through the arts
- Educational support



DALEFORDS LANE, CW8 2GW



[FUNDRAISING@THEJOSHUATREE.ORG.UK](mailto:fundraising@thejoshuatree.org.uk)



01606 331858



CALLING ALL SCHOOLS!

Take part in our March over Childhood Cancer!

We're asking schools to dedicate a day in March for children to proudly wear our Joshua Tree green and complete organised laps of the playground.

Either donate a £1 on the day or encourage children to fundraiser their donation.

We've handily created a fundraising form, social media badges and an advert for your newsletter!

Ready to go? Let us know! Email:

Amywilkinson@thejoshuatree.org.uk

We'd love to hear if you're getting involved, and maybe our trusty Marscot Josh the Giraffe can visit on the day!

HIKING TRAILS

Get those walking boots on and challenge yourself!
Here's our easy step guide to hikes around the North. With five weekend opportunities in the month of March, how many can you complete?

Tag #MarchYourWayTJT in your socials!

***Safety First**

Ensure correct footwear and clothing is worn on all walks.
Always inform someone of your start location, route and estimated end time.



RAISE £200 IN FUNDRAISING
AND WE'LL SEND YOU A
JOSHUA TREE T-SHIRT TO
WEAR ON YOUR HIKES!

KINDER SCOUT — PEAK DISTRICT

This challenging circular moorland walk is a great day out for keen hikers.

Begin at Edale carpark and complete the full 7.5mile scenic trail with changing landscapes at each section.

The walk has steep inclines and descends so is a good challenge to those looking for one.

With a choice of pubs at the finishing line, it's a great walk to achieve.

Miles: 7.5 (km: 12) Full trail
4 hours 30 mins - 5 hours 30 mins

CLICK OR SCAN FOR ROUTE GUIDE



MOEL FAMAU

— MOLD, WALES

CLICK OR SCAN FOR ROUTE GUIDE



Moel Famau offers an ideal family day out with a range of accessible routes from 20minutes to 2.5hours, a blue grade mountain bike trail and children's play area. Technically a hill, as it's too small to be classed as a mountain, the summit still offers stunning views across Wales.

From the car park, use the coloured markers along the route to reach the top of Moel Famau and the ruins of the Jubilee Tower.



CLICK OR SCAN FOR ROUTE GUIDE



MALHAM COVE & GORDALE SCAR

— YORKSHIRE DALES

Enjoy beautiful views over the farmlands and moorlands and explore the interesting geological features of this famous area as you make your way round.

More confident walkers can scramble up Gordale Scar!

The rock formations above Malham Cove will be familiar to Harry Potter fans as scenes from Deathly Hallows were filmed here.

Generally considered a moderately challenging route, it takes an average of 3 h 51 min to complete.



RYDAL CAVES TO GRASMERE

— LAKE DISTRICT

CLICK OR SCAN FOR ROUTE GUIDE



Embark on a picturesque trail from Ambleside to Grasmere, offering the opportunity to discover the stunning Rydal Caves.

Start your journey by parking at White Moss car park and then follow the well-marked trail up to Rydal Caves. Circle back to complete a good walk to Grasmere making a stop at the renowned gingerbread shop and pub dinner before catching the 555 bus to return to your car if your legs have walked enough.



FAMILY WALKS

Haigh Hall
- Wigan



Croxteth Hall
- Liverpool



Heaton Park
- Manchester



Delamere Forest
- Cheshire





MARCH OVER CHILDHOOD CANCERS SPONSORSHIP FORM

Name:

Event:

Date happening:

Fundraising goal:



NAME	CONTACT	AMOUNT
TOTAL RAISED		

SHARE YOUR SUCCESS

Save this badge to use on your social media posts to help raise awareness of your efforts and The Joshua Tree.

There is a growing number of families that need The Joshua Tree and many who are not aware that we are here for them. You never know who your post could help.



#

#TJT

#MarchYourWayTJT

#MarchOverChildhoodCancers

Visit our online shop to get your Joshua Tree t-shirt.



Thejoshuatree.org.uk/shop



THANK YOU!

From the entire Joshua Tree team and the families we support, we thank you for all your efforts.

Now get out there and go for your goals, we'll be cheering you on all the way!
