# Mercy Walk for Women

# Sunday 24th September 2017

# It's on again ladies, what a great way to spend a Sunday. Please join us on this beautiful journey!!

Mercy Walk for Women is on again – the fifth Mercy Walk! This event is a wonderful day for women to come together for women. We will start our walk this year at the intersection of the Cunningar Rd and Campbellfields Rd Boorowa (The same as the 2016 event.) finishing at St Clement's Monastery Galong, a walking distance of approximately 23km.

Enjoying a beautiful morning tea along the way and lunch, champagne and nibbles at our destination. Mercy Walk for Women is an opportunity for women to walk and talk while raising much needed funds for Karinya House for Mothers and Babies.

Mercy Walk for Women has helped Karinya House to provide shelter and residential support, food, clothing, outreach services and midwifery support for mothers and babies. 51% of the women of Karinya are homeless upon referral. Over 70% of women are moving away from family violence. (and yes, referrals do come from our local region as well).

"During the 2016/2017 Financial Year, our community based donations and fundraising have, with us, supported over 300 women in our community, and their babies, as well as their toddlers and partners on occasion. Together we have been part of many stories of resilience, courage and perseverance. We thank you for sharing in our purpose of supporting vulnerable pregnant and parenting women in our community." Marie-Louise Corkhill, Executive Director

Women seek the help and support of Karinya House for many different reasons. Every woman has a story and every story is unique.

Mercy Walk for Women encourages the awareness of the many issues faced by women and young girls locally and globally in regards to domestic violence, gender inequality, education, poverty, homelessness and displacement.

We strongly encourage you to fundraise and donate generously to this event.

We are promoting respect for women by walking together as one.

Yours Sincerely Teena McGrath 0437 272 000 teenamcgrath@bigpond.com

## Mercy Walk for Women – Nomination Form

## Sunday 24th September 2017

| Name:              |         |
|--------------------|---------|
| Address:           |         |
| Phone: Home:       | Mobile: |
| Email:             |         |
| Emergency Contact: |         |

## Nomination Fee - \$40.00

# Nominations close Friday 15th September

I understand that in participating in this charity walk that I do so at my own risk and in accordance with my level of fitness.

The organisers will take due care to ensure the environmental safety of the participants, however they will not be held responsible for any unforeseen injury or accidents.

#### You can register your nomination on line at:

https://karinyahouse.asn.au/events/mercy-walk-women-2017/

All nominations fees and donations (by hand) will be deposited into a designated account at the Westpac bank. A/c Name: Mercy Walk for Woman BSB: 032771 A/C Number: 183702

If you prefer to nominate by hand, all nomination fees can be deposited to the above account or posted with the Nomination Form.

Please complete this form, sign it and post the form to:

#### Teena McGrath, 'Clear View', Lachlan Valley Way Boorowa NSW 2586

#### teenamcgrath@bigpond.com

You and your sponsors can make donations on line at:

#### https://karinyahouse.asn.au/fundraiser-page/mercy-walk-women-2017/

Cash or cheque donations collected by you that are over \$20.00 will be issued with a tax receipt only if requested by donor and must be recorded on the <u>Donations Schedule</u> provided. All donations should be handed in at check in the morning of 24th September, with the donation schedule.

All nomination forms should be returned by <u>Friday 15th September 2017</u> along with \$40.00 nomination fee. This fee is non-refundable.

| Signed: |  |
|---------|--|
|---------|--|

Date: \_\_\_\_

(By signing this form you indicate you understand and agree to the information provided above.)

# Mercy Walk for Women – What you need to know!

| Check In Time:   | 8.00am   |
|------------------|--|
| Start time:      | 9.00am   |
| Depart:          | Cunningar Rd and Campbellfields Rd Intersection, Boorowa |
| Distance:        | Approx. 23km   |
| Morning Tea:     | <u>Approx.</u> 11.00am                                   |
| Lunch – Arrival: | Approx. 1.00pm. St Clements Monastery, Galong            |
| Transport Back:  | <u>Approx.</u> 2.30pm                                    |

You will need to <u>bring your own lunch</u>, water bottle, hat and anything else you need for your journey.

Mercy Walk for Women will provide for you: water to refill drink bottles, first aid, sun screen,

We will also provide tea, coffee, cake, slice and fruit for morning tea, your lunch will be transported for you to our destination.

Mercy Walk for Women will also provide you with support cars and a bus that you can hop on and off during the journey if you need. Portaloos are available throughout the day.

On arrival at St Clements, there will be a group photo opportunity at the Grotto, followed by lunch, champagne and nibbles. Transport back to Boorowa is also available if required.

Mercy Walk for Women celebrate your continued support for this very important charity event. We look forward to coming together as one to enjoy a fantastic day for women......

Yours Sincerely Teena McGrath 0437 272 000 teenamcgrath@bigpond.com

# Mercy Walk for Women – Donations Schedule

#### Nominated Walker:

Cash or cheque donations collected by you that are over \$20.00 will be issued with a tax receipt only if requested by donor and must be recorded on the donation schedule provided.

| Donor Name | Donation<br>Amount | Tax Receipt<br>Y/N | Address |
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