



The beautiful countryside - Photo Martin Bodman



The Fox & Badger Inn
and the Church at
Wellow

The Long Barrow at
Stoney Littleton



We are extremely grateful to the following
people for their help:-

Friends & Staff of RICE

Roger Catte of
Cascade Drinks Ltd

for generously providing the following:

Bottled water for walkers
Cascade Drinks Ltd
Merlin Way, Bowerhill,
Melksham
Wilts SN12 6TJ

The prize for the highest amount of
sponsorship raised by 25th October 2010
courtesy of the Bath Spa Hotel

Prize for highest sponsorship
Spa 'taster' day for two at the
Bath Spa Hotel
Sydney Road
Bath BA2 6JF



Join us on our 17th annual

MEMORY TRAIL

Through the beautiful valley
and countryside around the
village of Wellow

SUNDAY
19th SEPTEMBER 2010

A SPONSORED WALK
to raise money to help people with memory
problems such as
ALZHEIMER'S DISEASE
and their carers and families

organised by RICE
The Research Institute for the Care of Older People
Royal United Hospital, Bath BA1 3NG
Tel: 01225 476420

Registered Charity No 1042559
Company limited by guarantee

THE MEMORY TRAIL

The Memory Trail is a popular and important event in our events calendar to raise funds for RICE.

RICE relies on research grants and fund raising activities to help older people affected by Alzheimer's disease and other memory problems. It is much more effective to recognise and treat dementia and memory loss as early as possible and GPs and patients are helped by the Institute in this diagnostic process and with treatment at our Memory Clinic in Bath. We also run courses to help those who care for someone with the disease.

We all grow older but it is now, whilst we are fit and well that we can help those no longer able to help themselves. So please join us on this sponsored walk and encourage your friends to come as well. **Even if you do not wish to find sponsors please come along as your own contribution through the registration fee is valuable to us.** It will be a pleasant and purposeful day out for all the family.

THE WALK

Both walks start at Wellow, a pretty Somerset village and take you through the beautiful Somerset countryside.

There are 2 circular routes

- a long walk of about 5 miles north of Wellow through woodland and the village of Combe Hay
- a short, mostly level walk of about 3 miles south of Wellow, taking you past the amazing Stoney Littleton Long Barrow and along the Wellow Brook.

(Maps used are Ordnance Survey Explorer 142)

A route map and detailed instructions will be available on the day. Guides will be walking some routes during the day and stewards will provide bottled water at certain points along the route. All walks are suitable for children, though not pushchairs. Please wear boots, stout shoes or trainers. Dogs are allowed on the walk but must be kept on a lead where there is livestock in the fields. **At all times we ask that you observe the Country Code.**

Under 16s must be accompanied by an adult.

TOILETS – At the village hall,

FIRST AID – a qualified first-aider will be in attendance at Wellow Village Hall. You will be given a mobile phone number at the start of the walk in case you need help.

WALK ARRANGEMENTS

SPONSORSHIP FORMS will be sent on receipt of the attached entry form. Please try to involve friends and relatives to make this walk even better than last year's successful walk.

If you wish to collect your sponsorship money before the event we will be pleased to accept it when you arrive to start the walk. Alternatively, it should be received at RICE within one month of the Walk (i.e. 25th October) to be eligible for the prize for highest sponsorship raised.

REGISTER before 13th September 2009 to take advantage of **reduced** entry fees. This helps us to plan the day more effectively.

REGISTRATION ON THE DAY After 13th September you can only register on the day, which will cost £6 per adult, £3 per junior or £14 per family. This will be done at the check-in point at the village hall.

FREE CAR PARKING is available in Wellow Village at the Village Hall and in the central car park opposite the village hall drive.

CHECK IN from 10.00am until 2pm at the village hall in the centre of Wellow and receive your directions and route map. NB Please check back here when you have finished the walk so that we know you have returned safely. (Hall booked until 5pm)

REFRESHMENTS/FOOD

The Village Hall, Wellow

Tea / Coffee / Soft drinks will be available all day

The Fox and Badger Inn

Railway Lane

Wellow

Bath BA2 8QG

01225 832293

www.foxandbadger.co.uk

THE MEMORY TRAIL

ENTRY FORM

please include names of all walkers

Lead Name

Additional names in group

Lead Address

.....Tel

Email:.....

**I enclose REGISTRATION fee/s for
(Please make cheques payable to RICE)**

___ **Adults at £5 each** £.....
___ **Juniors at £2.50 each** £.....
___ **Family at £12** £.....

Registration on the day of the walk will cost
£6 per adult, £3 per junior and £14 per family.

Declaration

I will not hold the organisers liable for any accident, loss or damage as a consequence of my taking part in the MEMORY TRAIL.

Signed..... Date

(Parent/guardian must sign for under 16s)

Sponsorship forms will be sent on receipt of entry.

**Please cut off and return to
RICE**

**The RICE Centre,
Royal United Hospital
Bath BA1 3NG**

Tel: 01225 476435

Email: g.caddick@bath.ac.uk