

# HOW TO ORGANISE YOUR SEPSIS SAVVY WALK



The UK Sepsis Trust registered charity number  
(England & Wales) 1158843 | (Scotland) SC050277



THE UK  
SEPSIS  
TRUST

# WHAT IS A SEPSIS SAVVY WALK?

## SEPSIS SAVVY WALKS HAVE THREE MAIN AIMS

- 1 Raise vital public awareness about this 'killer' condition
- 2 Fundraise so that we can help & support even more people
- 3 Have fun with family, friends & colleagues

## ORGANISING YOUR EVENT – KEY STEPS TO TAKE

- 1 Decide on your route
- 2 Notify local authorities
- 3 Register your event with the UK Sepsis Trust (UKST)
- 4 Spread the word



TAG US!



# ORGANISING YOUR EVENT – KEY STEPS TO TAKE

## 1. DECIDE YOUR ROUTE

Everything always takes longer than you think so we'd recommend planning your event approximately **5-6 months** in advance. There are thousands of pre-planned walks across the UK which are often a great starting point.

You'll need to decide on how far you want to go, most groups choose either **5k or 10k**. It's also a good idea to organise a circular route so that you can start and end at the same place.

Depending on the route you've chosen, you may need marshals as well as first aid cover, but this depends on the location and the numbers involved.

## 3. REGISTER YOUR EVENT

Once you've settled on a date and venue, please get in touch with **UKST's fundraising team**.

We'll be delighted to answer any questions you've got regarding your walk and provide any fundraising resources you may need.

We'd recommend encouraging participants to wear the UK Sepsis Trust colours; any combination of **red, orange and yellow** will help your group to stand out on the day and make for impactful photos and videos.



To get in touch, please email the team at [events@sepsistrust.org](mailto:events@sepsistrust.org) or [click here](#) to fill in the form on our website.

## 2. NOTIFY LOCAL AUTHORITIES

The route you select may take you through National Trust properties, parks or council land. Whilst you may not need permission to organise the walk, it's important that you **make contact with any relevant party** to inform them of your intentions.

If part of your walk is on roads, you'll need to notify the **local highways agencies**.

If it's a larger, sponsored walk then you'll also need to inform the **local police authorities**. They will almost certainly want to know the date, time, duration and anticipated number of walkers.

## 4. SPREAD THE WORD

By organising a walk, you're raising vital awareness and supporting a really important cause. Persuade your community to participate by **sharing sepsis stats and information**, and most importantly **personal stories**. The fact is that sepsis can affect anyone, regardless of age or health, and early detection and treatment are crucial.

**Promote the event** through social media, local newspapers, flyers, and community bulletin boards, and encourage friends, family and work colleagues to join in and support UKST too.

Consider organising **pre-walk events**, like educational sessions or team-building activities. This will help generate energy, excitement and momentum.

# AFTER THE EVENT

## THANKING PEOPLE

- Reach out and thank **everyone that took part**.
- Get in touch with all your **helpers, local businesses and anyone that supported the walk** to say a heart-felt thank you.
- Shout about your success on **social media!** Share pictures – they speak volumes – especially if you’ve managed to persuade people to wear something that’s red, orange, yellow or all three!

## PAYING IN DONATIONS

Some of your walkers may send their donations directly to the UK Sepsis Trust, please ensure they mention your event with their donation as this will enable us to have an accurate figure of the total amount you’ve raised.

Email [events@sepsistrust.org](mailto:events@sepsistrust.org) on the best way to pay in your donations. This can be done via bank transfer, an online payment form or a cheque.



We're really grateful for your commitment to organising and running a **Sepsis Savvy Walk**. It will have offered a beacon of hope for the thousands of people affected by this all too often 'silent' killer — your compassion and dedication will truly make a difference.

By walking for the **UK Sepsis Trust**, you're not only honouring those affected by sepsis but also spreading crucial awareness about this life-threatening condition.  
**We can't thank you enough!**

*The UK Sepsis Trust Fundraising Team*



