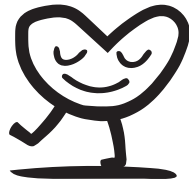




**NHS**  
London Ambulance Service  
NHS Trust



TAKE YOUR FIRST STEP AND  
**SIGN UP!**



**STEP BY STEP, BEAT BY BEAT, HELP US SAVE EVEN MORE LIVES**

Registered Charity No.1061191



London  
Ambulance  
Charity

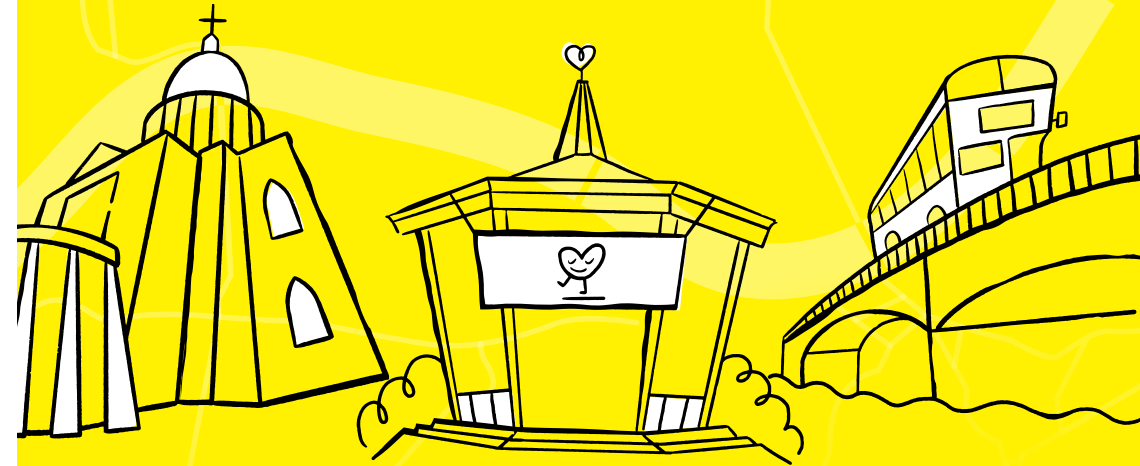


**NHS**  
London Ambulance Service  
NHS Trust



JOIN US FOR THE  
**LONDON  
LIFE HIKE**

**CHARITY WALK ON 8TH SEPT 2024**



**SIGN UP HERE**



**Every step helps us save even more lives**

Do something amazing on Sunday 8th September by taking part in our first ever London Life Hike - raising vital funds for the London Ambulance Charity with every step.

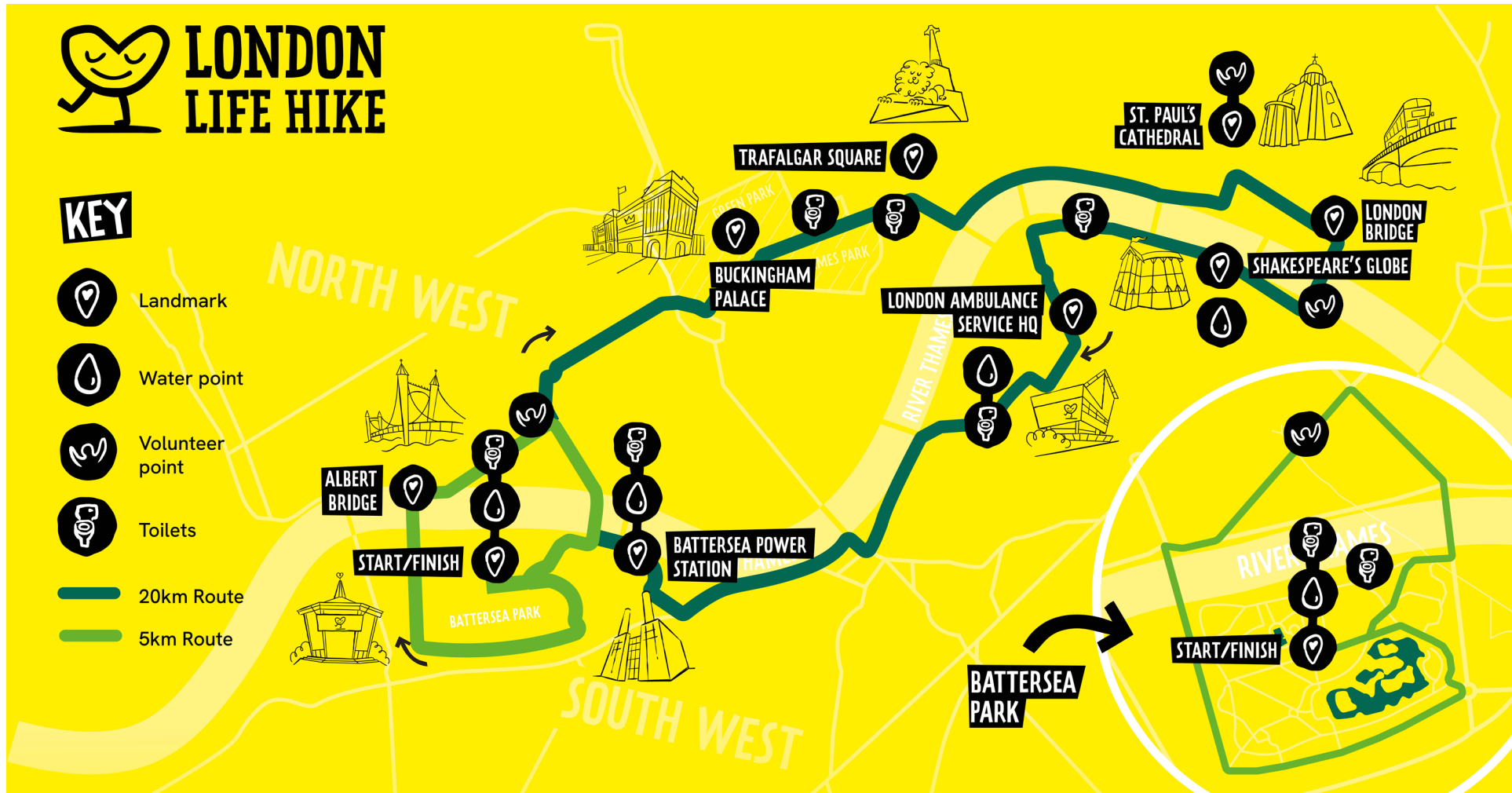
Join us and discover our two routes, a longer 20km and a family-friendly 5km.

Sign up at [londonambulancecharity.org.uk](https://londonambulancecharity.org.uk)

Registered Charity No.1061191



# YOUR EVENT DETAILS



## WHO

Members of the public, our patients and staff - you can take part as an individual, with friends or family, or even make a team!

## WHAT

Complete a fundraising 5km or 20km walk through London, taking in the sights and landmarks of our iconic city.

## WHEN

Sunday 8 September 2024. From 10:30am for 20km and 12:30 for 5k route at the Bandstand in Battersea Park.

## WHY

With every penny raised by your fundraising, you can support life-saving care in the capital. This includes initiatives in local communities, such as teaching CPR, particularly young people, and funding more community public-access defibrillators in areas where they're most needed.

## HOW

Scan the QR code on this pack for all details of how to sign up. We ask for a small registration fee and for all adults taking part to try to raise £100 in sponsorships.

**TURN OVER TO SIGN UP**

