THE FRIENDS OF ESSEX CHURCHES TRUST – SUPPORTING CHURCHES IN ESSEX AND EAST LONDON

The Friends of Essex Churches Trust, founded in 1951, makes grants to historic churches and chapels of all Christian denominations towards repair and restoration costs.

HOW THE SPONSORED BIKE RIDE & STRIDE WORKS

Riders and walkers are invited to find sponsors who will pay an agreed sum for each church/chapel visited on Saturday, 10th September 2022 between 9am and 5pm (or such other times as they wish). The money raised by each participant will be shared equally between FECT and the church/chapel nominated by the participant. This is a national event, so you can cross into neighbouring counties and get your form signed in the same way.

BEFORE THE DAY, PLEASE

- Complete Section A on the front of this form.
- Tell your Local Organiser you are taking part.
- Find your sponsors and **encourage all tax paying sponsors to contribute further by ticking the Gift Aid column.**
- Plan your route, making use of the list of *Churches and Chapels in Essex and East London,* obtainable from your Local Organiser.
- Create an online fundraising page at www.justgiving.com/foect.

AT EACH CHURCH OR CHAPEL VISITED

- Get a steward (if available) to sign Section B on the front of this form.
- If the building is not open or is unmanned, record its name, the time and *'Not open'*, then continue.
- **Your visit counts even if the building is not open.**

AFTER THE RIDE & STRIDE

- **YOU MUST HAND IN THIS FORM TO YOUR LOCAL ORGANISER. FECT WILL NOT BE ABLE TO CLAIM TAX BACK ON GIFT AID CONTRIBUTIONS WITHOUT THIS SPONSORSHIP FORM.**
- Cheques should be made payable to *Friends of Essex Churches Trust*.
- We are grateful to receive your sponsorship forms and money at any time, but it would be very helpful to us if they could be handed to your Local Organiser as soon as possible.

VARIATIONS

- Walking and other forms of unmotorised transport are acceptable, including exercise bikes and even sailing.
- **MOTOR TRANSPORT IS BANNED** except to get participants to a starting point or to collect them later. **Horse riding is not covered by the event's insurance.**
- If you cannot take part on the day, or between 9-5, you can choose other times, provided your sponsors agree.

ALWAYS REMEMBER : SAFETY FIRST

- **ENSURE YOUR BICYCLE IS ROADWORTHY, PARTICULARLY THE BRAKES.**
- **WEAR A SAFETY HELMET.**
- **CONCENTRATE ON SAFETY, NOT SPEED – DO NOT RACE.**
- **RIDE IN SINGLE FILE, NOT IN LARGE GROUPS.**
- **OBSERVE THE CYCLING SECTION IN THE HIGHWAY CODE.**
- **WALK WHEREVER CYCLING IS DIFFICULT OR DANGEROUS.**

PLEASE NOTE that it is a condition of participation that, save to the extent required by law, the Council of The Friends of Essex Churches Trust accept no liability in respect of death or injury sustained or caused by any participant in the Ride & Stride.

COUNTY TREASURER: Mr Ray Clements,
8 Duffield Road, Great Baddow, Chelmsford
CM2 9RY. Tel: (01245) 601298

www.foect.org.uk

Charity Reg. No. 236033

FRIENDS OF ESSEX CHURCHES TRUST

RIDE+STRIDE

FRIENDS OF ESSEX CHURCHES TRUST

Sponsorship Form

Saturday, 10th September 2022

Please complete before you start

Your name and address:	
Postcode:	**Email:**
Name and address of Local Organiser, to whom this form and all money should be returned as soon as possible (Cheques made payable to Friends of Essex Churches Trust)	
Name and address of church/chapel to receive half of the sponsorship money you raise:	

List of churches and chapels you visit
Please ask the Steward to complete this section

Church/Chapel	Time	Initial	Church/Chapel	Time	Initial

To create an on-line fundraising page go to www.justgiving.com/foect

TO ALL SPONSORS

Thank you for sponsoring a rider, walker or steward, thereby contributing to local church funds and the work of Friends of Essex Churches Trust. If you are a taxpayer and the following declaration applies to you, please tick the Gift Aid column below so that Friends of Essex Churches Trust can claim an extra 25p for each £1 given. All Gift Aid tax reclaimed will be credited to the Friends of Essex Churches general fund for grants. **PLEASE WRITE LEGIBLY.**

GIFT AID DECLARATION

I wish Gift Aid to apply to the donation detailed below and I confirm I am a UK taxpayer. If I pay less Income Tax and/or Capital Gains Tax than the total Gift Aid claimed by charities and CASCs on all my donations (25p for each £1 given) in the current tax year (6 April to 5 April) I understand it will be my responsibility to pay the difference to the tax authority.

PLEASE PRINT FULL NAME, HOME ADDRESS & POSTCODE AS BELOW

Name	Home Address	Postcode	Gift Aid ✓	Sponsorship per church/chapel visited	Donations or Total Given
ANDREW WALKER	24 CYCLE WAY, LITTLE LEIGHS, CHELMSFORD	CM3 5AS	✓	50p	£10.00

TOTAL £