



Night to Remember

Night to Remember – 26th September 2026 Frequently Asked Questions

The 2026 Night to Remember is a family friendly fundraising walk. Starting and finishing at Montague Place, Worthing. Walkers can choose between 5- or 10-mile routes. Everyone is welcome to join us on Saturday 26th September to help raise vital funds for one or all Southern Hospice Group hospices; St Barnabas House, Chestnut Tree House, Martlets.

Remembering, Celebrating, Supporting Hospice Care

Are the routes the same as before?

Following the feedback from our December participant survey, we have created two new routes which we are sure you will love.

- **5 miles** – Sunset Stroller. An accessible 5-mile family route for younger strollers to experience a charity challenge event for the first time.
- **10 miles** – Moonlight Marcher. A beautiful ten-mile experience offering time to reflect, catch up and reconnect.

All routes will start and finish at Montague Place and will meander through Worthing via our much-loved sparkle surprise. Take in the iconic Worthing landmarks on route, whilst you walk through the night to raise vital funds for hospice care.

Is there a route map?

The route map is available to download from the Night to Remember website.

What is the start time?

This year we will continue to have one start time for all participants.

Register from 5pm to start walking at 6.30pm.

Please do not arrive any earlier than your designated start time as we need time to get the event set up and ready for you. For health and safety reasons, we cannot allow participants on site whilst we are setting up.



How do I enter?

Simply visit our websites (St Barnabas House/ Chestnut Tree House/ Martlets) to secure your place. If you need help registering, please call: 01903 323555 or email us at: events@southernhospicegroup.org.uk.

How much is it to enter?

Tickets are £20 for Adults (18+), £12 for children aged (5-17) and free for anyone 4 and under.

How old do I have to be?

There is no minimum age for this event however **all participants aged under 18 must be accompanied by an adult**. When selecting a route length, it is advised that you consider all participants and their ability to complete the distance.

Can children's places be bought separately?

No, children's registration must be completed at the same time as purchasing an adult's ticket. Please call our Supporter Experience team on 01903 323555 should you need to retrospectively add a child.

Can I reserve a place?

No, all entrants are on a first come first serve basis and must complete the registration in full to book a place.

When do I need to register by?

Registration for Night to Remember closes on Saturday 26th September. Online entries may close earlier to allow enough time for our team to process all registrations.

Can I register on the night?

Yes, although we suggest you register prior to the night to ensure that you have all the necessary information and to relieve our registrations desk on the night.

What's included in my registration fee?

- Event fundraising information
- Event branded t-shirt (5yrs +)
- Medal upon completion
- Refreshments on route
- A glass of fizz/ alcohol free alternative on event completion
- Full event support – marshals on route, support walkers, medics...
- Entertainment on route
- Fundraising advice support from Southern Hospice Group

How do I know if I have got a place?

When you register and pay successfully, you will receive an automatic email from the event page with a receipt.

Can I bring my dog?

No, unfortunately dogs are not allowed at this event.



Who are Southern Hospice Group?

In 2024, our three hospices - Martlets, Chestnut Tree House and St Barnabas House - came together to form the Southern Hospice Group. Together, we provide care for children, young people and adults with life-limiting conditions, helping them and their families make the most of their precious time together.

Can I fundraise for only one hospice?

Absolutely. We know that you may wish to support one hospice, and so all the money you raise will go directly to your chosen hospice. Alternatively, you may wish to support all three hospices in the Southern Hospice Group. Please indicate which hospice you would like to support when you register.

Why do I need to raise sponsorship?

Night to Remember is a fundraising event and all monies raised will help to provide the local community with the vital care that they need, either in the comfort of their own homes or at the hospice. *Please remember that your registration fee only covers the cost of the event.*

Is there a minimum sponsorship?

There is no minimum sponsorship for Night to Remember, however, we encourage participants to raise at least £125 towards the fantastic service we provide at the hospice to help us smash our £70,000 event target.

- £62 could mean a family in crisis receives a visit from a nurse during the night, providing symptom control and emotional support.
- £170 is enough to give a patient a whole night of care at home, meaning they're comfortable and cared for, and their families get a full night's sleep.
- £237 could fund a night of care for a patient on the hospice ward, getting help managing their symptoms and returning home more comfortably.

Every pound you raise helps support local people and their families and directly benefits Southern Hospice Group hospice services. Thank you for your ongoing support.

Please remember that your registration fee only covers the cost of the event.

I haven't fundraised before

By going the extra mile and fundraising, you are directly supporting the lives of local people and their families. Your support will help individuals and their families at a time when they need it most.

We appreciate that fundraising during a cost-of-living crisis can be difficult, and it is hard for a lot of us to scrape together even a few pounds. We want you to know that we understand these difficulties, and we are here to lend a hand with your fundraising questions and support.

We've got loads of new and innovative ideas to get you on your way to fundraising success. A good place to start is the fundraising hints and tips on our websites:

[St Barnabas House fundraising](#) / [Chestnut Tree House fundraising](#) / [Martlets fundraising](#)

Don't hesitate to reach out to us if you need any support with fundraising, we can help!



I have registered, what's next? (Online and offline fundraising)

Once you have registered, the next step is to set up your fundraising page. If you would like to fundraise online, sharing your page far and wide is a great way to kick start your fundraising journey.

You are also welcome to fundraise offline too. See below information on where to pay your money in.

Don't hesitate to reach out to us if you need any support with fundraising, we can help! Your registration fee only covers the cost of the event.

Can donations be gift aided?

Absolutely! You can ask all your sponsors to gift aid their donation when adding to your fundraising page. This will help Southern Hospice Group raise an extra 25p for every £1 you raise. Find out more on our websites:

[St Barnabas House](#) / [Chestnut Tree House](#)/ [Martlets](#)

Can I hand in my sponsor money on the night?

No, unfortunately we are unable to accept sponsorship money on the night of the event.

Please submit your fundraising via the methods below, either before or after the event:

- Via BACS- **Account name: Southern Hospice Group | Account number: 70574790 | Sort Code: 60-03-38 | Reference: NSR26 and your initial and surname**
- Send us a cheque using our freepost address: Freepost RSL-CHXE-CGZR, St Barnabas House Event Team, Titnore Lane, Worthing, West Sussex BN12 6NZ
- Call us on 01903 323555 to make a donation over the phone

We strongly advise NOT to send cash in the post

When sending funds in, if you have fundraised as a group or part of a team, please let us know the name of the team and the names of the team members.

Will there be parking facilities on the night?

Unfortunately, there is no parking onsite but there are many multi storey car parks around Worthing town centre. The closest multi storey parking is Montague Quarter Car Park, 12-14 Liverpool Gardens, Worthing BN11 1RY.

Will there be a drop off/pick up point?

The closest road to the gather point is Liverpool Terrace.

Are the routes wheelchair accessible?

All routes can all be accessed by wheelchair users and have step free access.

Please make your own judgement as to whether this would be suitable for you. If you have any further questions, please get in touch so that we can discuss this with you further.



How long will the walk take?

The walk is not a race and participants are encouraged to walk at their own pace. We anticipate that all the routes will take between 1.5- 4.5 hours to complete, depending on which route you choose to walk.

Please don't run or jog and no walker must pass our lead walkers – if you do, you will no longer be supported by the event.

Is there a time limit to complete the challenge?

Your safety is of utmost importance to us, so we ask that all walkers must be back at Montague Place by 11pm.

If you are not back, we will collect you by minibus and return you to the venue.

To keep you safe we ask that you sign back in on return.

Anyone that does not return by 11pm will receive a phone call, and if we cannot get hold of you the matter may be passed onto the local police.

Lead walkers and back walkers

For your safety there will be a lead walker for each route, please do not overtake this person as they are there to guide you. We have also allocated a back walker for each route for the duration of the event to be there for anyone that requires assistance.

Which route length should I choose?

The purpose of this walk is to have fun and raise money for a brilliant cause. Whilst we support those who are using this event as a walking challenge, we encourage you to pick the walking distance that you feel confident that you could complete in the above timeframe. Please consider all walking abilities in your party and ensure that everyone is confident on the route selected.

Can I change distance once I have signed up?

Yes, please inform the Supporter Experience team on 01903 323555 before the big day.

How fit do I need to be?

We suggest that you undertake as much training as possible, especially if you are planning on walking the 10-mile route. Whilst the terrain is predominantly flat and paved, due to the length, the route can be somewhat physically demanding. You need to be able to complete the challenge that you have signed up for.

When will I get my T-shirt?

Where possible, most T-shirts will be posted out before the event. We advise you to size up when you register so you can add layers underneath your top. Please sign up early to avoid disappointment as there may be delays with the post.

Will there be somewhere I can get changed?

Unfortunately, no, apart from public toilets.

Can I change my t-shirt size?

Please use the size guide on the website when picking your t-shirt size. If you are unsure, we suggest you size up for comfort and be able to add a layer underneath. Whilst we will have stock for people to swap sizes, please be aware that this stock will be very limited, and queues may be long.

Will everyone receive a T-Shirt?

Every paying participant will receive a branded T-shirt. As the T-shirts are a cost to us, we've made the decision to keep entry free for children under 5 by not providing T-shirts for this age group.

There may be T-shirts to purchase on the day of the event.

When will I receive my walker number?

Walker numbers are to be collected on the day of event. It is very important that you sign in so we know you have attended the event and so we can keep you safe whilst you are walking.

Do I have to wear the T-shirt/ walker number?

Your t-shirt lets us know that you have registered for the walk and helps identify you to our event organisers and marshals.

Additionally, it is important that you have completed your 'in case of emergency details' on the back of your walker number, so that in the unlikely event of an injury we will be able to make sure you receive appropriate medical treatment.

How will I receive information?

Periodically, you will receive information via email regarding fundraising support and everything you need to know about the event. This will include all on-the-day information.

I don't have an email address

Please contact our Supporter Experience team on 01903 323555 who will be able to assist you.

What do I need to wear?

It is imperative that you wear comfortable, flat walking shoes and appropriate socks for the walk. Please wear comfortable clothes, with plenty of layers to help you maintain a good body temperature. Unfortunately, we are dependent on the great British weather, so don't forget you may need wet weather gear!

Can we walk as a group?

Yes, the more the merrier, lots of our walkers participate as a team. If you decide to raise your sponsor money as a group, please let us know so that we can collate the funds and give you a group total.

Are there refreshment points along the route?

Yes, there will be refreshments available along the route.

You may wish to bring your own refreshments and we suggest you fuel up before arriving or bring plenty of snacks with you. We encourage you to avoid single use plastic and to take any rubbish home with you.

Are there toilets available?

Yes, there are public toilets along the route. Please see the route map for details of where the toilet stops are.

Can we walk in fancy dress?

Yes, the wackier the better! Be sure to smile for the camera!

Is there anywhere for my family to watch and support?

Yes, your family are welcome to come along to support you. If they will be staying for the event, why not suggest that they volunteer? We cannot run this event without the support of our incredible volunteers. We have plenty of roles available for all experiences and abilities. Please check out our websites or contact us for further information.

What's the nearest public transport?

The closest bus stops can be found along the sea front – stop The Lido.

The closest train station is Worthing train station which is 0.6 miles away.

Can I walk if I am visually impaired?

Yes, provided that you can walk safely yourself and without impairing the safety of other walkers or members of the public. We suggest you wear a high visibility jacket / shirt to inform others you are visually impaired and that you bring a buddy with you especially if you choose the 10-mile route. Please contact our Supporter Experience team to add on another participant free of charge to assist you with the walk.

Can I walk if I am deaf?

Yes, provided that you can walk safely yourself and without impairing the safety of other walkers or members of the public. We suggest you wear a high visibility jacket / shirt to inform others you are deaf and that you bring a buddy with you especially if you choose the 10-mile route. Please contact our Supporter Experience team to add on another participant free of charge to assist you with the walk.

What happens if it is raining?

We are reliant on the great British weather! If it is raining, the walk will continue with a smile on our faces.

What happens if I hurt myself on the walk?

If you hurt yourself, please report to your nearest Marshal who will call into the control centre to deploy the safety minibus / our medical team to collect you. If you hurt yourself and cannot report to the nearest Marshal point, please flag down another participant who can alert a Marshal on your behalf.



What happens if I can't complete the walk?

If you cannot complete the walk, please report to your nearest Marshal who will inform the control centre to deploy a safety minibus to collect you.

Where can I find the Marshals?

There are multiple Marshals located along the route wearing high vis jackets. Please approach them if you need anything – they are there to help and to keep you safe along the route.

Will I still get a medal if I have to get picked up?

Yes! If you need to be picked up before completing the challenge, you will still get a medal.

Can I cancel my place on the challenge?

Of course, we understand things happen. Unfortunately, your registration fee is non-refundable and non-transferable.

Night to Remember is single use plastic FREE

Southern Hospice Group are trying to take responsibility for the wonderful world we live in and aim to stamp out the use of single use plastics at our events. We are challenging our suppliers, as well as thinking about what materials we are bringing into the event, helping to make a positive change for 2026.

What is single use plastic?

Single use plastic or disposable plastics are used only once before they are thrown away or recycled, eg plastic bags, straws, coffee stirrers, water bottles and most food packaging.

How will this affect me?

You will need to bring your own water bottle and torch with you on the night. However, don't worry, we will make sure there are re-fill water points at the refreshment stops located on the route for you to top up your bottles to stay hydrated!

Volunteers

If you don't want to walk you can still get involved through volunteering to support the event on the night – this invaluable contribution allows the event to continue each year. We simply could not put the event on without the support of our volunteers. If you are interested in volunteering or know someone who is, why not get in touch to see how you can help? Please contact us on the information below.

I still have questions. Can I speak to someone about the event?

Yes, we can be contacted by phone or e-mail Monday-Friday, between the hours of 9am-5pm.

Phone: 01903 323555 or email us at events@southernhospicegroup.org.uk.

Thank you

