



# Take a Natural Wander

## for Royal Star & Garter

**Wander to boost your own wellbeing, your family and friends, and our residents through fundraising.  
Choose where you want to go, how far and when.**

We know when it comes to enjoying time outside we all like to do it in our own way, which is why this autumn we want you to design a wander – focusing on things that make you happy. Even the extras that will add joy – take a hot flask of coffee with your favourite home-baked biscuit, or pick up litter along the way to improve the natural environment. We hope you enjoy your Natural Wander!



### Plan your route

We want everyone, wherever they are, to be able to enjoy a Natural Wander. If you're looking for inspiration, National Trust have some great recommendations: [nationaltrust.org.uk/features/walks-with-wow-factor](https://nationaltrust.org.uk/features/walks-with-wow-factor)  
We've listed below some tips to help you prepare:



Decide who is coming – you can wander on your own, or invite children, grandchildren, wider family and friends or colleagues, and don't forget your four-legged friends! Think about any considerations your group may need – the route and terrain, shelter and places to rest.



The date and distance – enjoy a short route through an area of beauty, or turn it into challenge. Use a map or one of the many online walking planners. You may be based in a city or urban area which may be more accessible for some. There are many open areas and beautiful parks across the country, pick one you love, or a new one to visit. Once you have this planned, set a date!



Make it special! This is entirely up to you but the little things can make a huge difference. Food and hot drinks are always appreciated, you could make the biscuit recipe on page 3, beloved by our residents, or make sure you end the wander at a favourite café or restaurant. You could research the route for points of interest. If children are joining, you may wish to plan a game along the way, or bring a GPS for geo-caching! (NB adults enjoy this too!).



# How to fundraise

We are already delighted you are taking part in Natural Wander! Fundraising is vital to our care, and we are so grateful to every wonderful person who chooses to do so.

All money raised helps us provide outstanding care to all residents, every day to support their wellbeing. Funds could support staff to take residents out for their own Natural Wander to bring the many physical and emotional benefits of being outside. It could also provide specialist support for residents like Speech & Language therapy. If you raise £100 it could support around five hours of one to one physiotherapy to help keep residents mobile and independent. Alternatively it could pay for seven hours of specialist dementia activities. These make a big difference to the lives of our residents.



**Fundraising for Natural Wander should be simple** – be creative but you could ask for donations from your family, friends and colleagues, or from each person taking part in the walk. Perhaps they could raise a small amount each or make a contribution for the food and drinks you make. It could even tied into the walk itself - a donation per mile walked. However you do it, it will all add up!



**Online fundraising platforms are popular** – we use JustGiving, but there are many out there. Set up your page and tell your family, friends and colleagues why you are taking a Natural Wander to support Royal Star & Garter.



**You can also fundraise offline** - simply collect the money and pay it directly to us via our online donation page [starandgarter.org/donate](https://starandgarter.org/donate) or scan the QR code to the left to take you directly to the page. Or you can send a cheque made payable to 'The Royal Star & Garter Homes', Royal Star & Garter, 15 Castle Mews, Hampton, Middlesex, TW12 2NP.



# Bake something sweet or savoury to take along!

This is a simple recipe that can be easily adapted.

## Vanilla biscuits

### Ingredients

- 300g plain flour
- 250g butter, softened
- 140g caster sugar
- 1 egg yolk
- 2 tsp vanilla extract



### Method

- 1 Beat butter and sugar together, then add in the egg and vanilla extract. Mix until combined
- 2 Mix or sift in flour until combined into a dough
- 3 Cover and rest dough in the fridge for 30 minutes
- 4 Preheat oven to 180C/160C fan/gas 4
- 5 Roll out dough and cut into biscuit shapes of your choice
- 6 Bake on a baking tray (non-stick or lined with baking paper) for 12 minutes until golden
- 7 Cool on a wire rack

### Optional extras

Adapt this recipe to your taste: add the zest of 1 or 2 lemons to taste, almond extract instead of vanilla, chocolate chips or nuts (do check with your guests for any allergens to avoid). If you prefer savoury treats, dispense with the vanilla and sugar and simply add 275g of strong cheddar and dust with paprika or chilli before baking if you enjoy a kick of spice!







# Stay safe


We want everyone who takes part to be safe during their Natural Wander. Here are some tips to do so.


 If you are wandering on your own, tell someone where you are going and when you expect to be back.

 If you are choosing a wander that is more physically challenging than usual, plan accordingly, wear suitable clothing and take appropriate supplies including a first aid kit, waterproof clothing and plenty of food and water.

 Apply sun cream regularly (even on cloudy days) if you are planning to be out longer than usual.

 Check on local conditions – for example weather, high/low tide if you are by the sea.

 Map your route - If you are planning to go off the beaten track, take a map and compass plus supporting navigational tools such as phones and GPS.

 Look after everyone to make sure they are safe and well, especially children and pets if you are crossing roads. When walking off-road watch out for the terrain and potential risks like sharp drops.

 Follow the Countryside Code and any local guidance/rules if applicable.

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## More resources

These useful websites and apps may help you to plan your Natural Wander.

**Ordnance Survey:** When you purchase a paper OS map, you'll receive a code that enables you to download a digital version of the map. Simply type the code into the OS Maps app to download. Very useful for helping you decide which path to take, but the app does tend to drain phone battery, so remember to take the paper map along with you.

**Google Maps:** Free to use and accessible on your computer or phone. Offers realtime navigation for walking and driving plus traffic information and Street View. Very useful for a wander through urban environments and local parks but not suitable for remote locations.

Apps such as **MapMyWalk, Nike Run Club, Strava and Walking World** all help you to plan a route and will also monitor your steps, distance travelled and calories burned. All are available for Iphone and Android.

**Met Office** - the website and app both provide regularly updated, detailed weather information for your location.

**Tide Times** - the website provides high and low tide information for over 700 locations in the UK.

## Our contact details

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**Royal Star  
& Garter**

Care with courage