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**Ride & Stride… with a Difference!**

**Guidance for Participants**

The Worcestershire and Dudley Historic Churches Trust organises Ride & Stride every year on the second Saturday of September to raise money both for the Trust and for the participating churches, with **half of the** **sponsorship money** going to each. This year, we are keen for this event to continue, as it is especially important for churches to be able to raise revenue. Churches have lost income from services and other fundraising events and the upkeep of the buildings can be costly even when they are not in use.

The *Ride & Stride* is an important source of revenue that enables the Trust to continue to give grants to churches and chapels for the care of their buildings, which are so important in the lives of our towns and villages. The Trust is non-denominational and *Ride & Stride* is supported by many different denominations; grants are available to any place of public Christian worship of whatever age. The church’s share of the money raised can be used for any of the church’s activities, not just building projects. It is open to everyone to take part, whether church-goer or not. We welcome cyclists, horse riders, walkers – even visits by car! The idea is to get sponsorship to visit as many churches as you can, using your stated mode of travel!

**There will be a few changes this year.**

Although churches are allowed to open, it is necessary to avoid large numbers of people entering any building in a short space of time because of the pandemic. Therefore, this year:

* **Churches may not be open**
* **There will be no-one to welcome you**
* **There will be no refreshments**
* **Toilets may not be available**
* **You will need to sign your own sponsor form, with your own pen**
* **You may wish to take a photo of the churches you visit**

Participants should collect sponsorship money themselves and post it to the Trust along with their sponsorship form, preferably by cheque made out to **Worcestershire & Dudley HCT**. Alternatively, you can use JustGiving to make it even easier to collect sponsorship money: simply create a page on JustGiving and use email or social media to encourage friends and relatives to sponsor you.

People of all ages are encouraged to take part, either alone or in small groups. Please take extra care and adhere to the following guidelines:

* **Follow the latest Government guidance**
* **If you enter a church, touch as little as possible**
* **Take hand sanitiser**
* **Take your own refreshments**
* **Remember the Highway Code**
* **Use off road routes where possible**

*Stay safe and enjoy Ride & Stride!*

**www.worcesteranddudleyhistoricchurches.org.uk**