

Glow in the Park Walk

✘ A lot can be achieved in one hour. For Light Relief Week 2010 (30th October – 5 November) families are being asked by Royal Blind to use the hour gained when the clocks go back to light up the lives of many who live in the dark. To celebrate the launch of week they are organising the very first Glow in the Park children's sponsored walk around the city's West Princes Street Gardens. The event will take place on Saturday, 30 October and Royal Blind are looking for children to take part. They promise a fun night for all the family which will begin with a spectacular light show and involve lots of adventures along the way to keep the kids entertained. The route should pose no problem for pushchairs, so even the youngest ones can join in the fun, and there will be a shorter route for wheelchair users.

All members of the family are invited, but walkers must be registered online as access to the event is strictly limited to 200 sponsored children for security reasons. So book your spaces now.

Marketing and Fundraising Manager, Helen Forrest said: " We are really excited that Glow in the Park, our very first children's sponsored walk, is launching Light Relief Week 2010. Royal Blind lights up lives for blind and disabled people and for this event we are encouraging all members of the family to take part. However please remember that numbers are strictly limited so to avoid disappointment please register online to participate in this event. The theme for the walk is glow in the dark so make sure you wear something light and bright to be seen and most of all have some fun.'

Glow in the Park aims to raise much needed funds for Royal Blind whilst highlighting some of the difficulties faced on a daily basis by blind and disabled people. Hence the walk is taking place in the evening, when it is dark. There will be subdued lighting but one of the main reasons for holding this event in the evening is so that participants experience walking in poor lighting and hopefully gaining a sense of what it is like to be visually impaired.

Registration is online and involves a £5 non-refundable registration fee, which covers medals and goodie bags. Every penny raised will go directly to the Royal Blind.

For more details or to register go to www.royalblind.org/glowinthepark/. Once registered, you will be able to download a Glow In The Park information pack which includes everything you need to take part in this magical evening.

If you would like to get involved in the Royal Blind Light Relief Week between 30 October and 5 November, there are lots of things you can do with an hour. Go to www.royalblind.org/lightrelief/ for more details. Remember, £10 will buy an adapted dinner plate to reduce stress and embarrassment at mealtimes, £29 will buy an ultra-light, vibrating cane to help mobility, £32 will buy a talking clock with multiple alarm settings to help schedule a busy day and £250 will buy a talking microwave to support independent living.