

SUNDAY 5TH MAY

CENTENNIAL PARK, SYDNEY

# YOU'RE WALKING FOR WAGEC

WELCOME GUIDE FOR  
SOLO WALKERS



**WOMEN'S  
AND GIRLS'  
EMERGENCY  
CENTRE**

WELCOME TO WALK FOR WAGEC!  
THANK YOU FOR WALKING, SO THAT WOMEN AND CHILDREN CAN  
WALK AWAY FROM VIOLENCE.  
[WALKFORWAGEC.ORG.AU](http://WALKFORWAGEC.ORG.AU)

Thank you for walking so that women and families can walk away from violence.

**With your help, we can reach our target of \$300,000 to fund crucial programs for women and children** that restore safety, build financial independence and stop violence before it starts.

We've put together this Welcome Pack to support you in your efforts and help you make the most out of your fundraising.



# WHY WE'RE WALKING

Gender-based violence takes a profound toll on women, children and communities. **It impacts all of us.** This is why we're asking you to Walk for WAGEC - so that women and children can walk away from violence.

On average, a woman is killed by an intimate partner **every 6 days.**

Source: Destroy the Joint, Counting Dead Women.

One child is killed **every fortnight** due to domestic or family violence.

Source: (Meyer, Fitz-Gibbon and Moore, October 2022 Public Statement)

Domestic and family violence is a **leading driver** of homelessness for women.

Source: Australia's National Research Organisation for Women's Safety (ANROWS) 2019.

**One in four women** have experienced violence by an intimate partner since the age of 15.

Source: Personal Safety Survey, 2022 (ABS)

# NOW THAT YOU'RE REGISTERED

**Your next step is letting everyone know why you're walking for a good cause!** Raise money by asking your community to donate to your Walk for WAGEC page. They can donate knowing that every dollar raised builds safer futures for women in children - it's a win-win!

## Set up your profile

Personalising your fundraising page will show how committed you are to the cause, and encourage your supporters to donate. The perfect place to start is by uploading a profile picture that represents you and why you're walking!

[LOG INTO YOUR ACCOUNT](#)

## Let the fun(draising) begin!

Whether you're a first-time walker, or a fundraising extraordinaire, it never hurts to brush up on your skills. We've put together a list of our **top 10 tips and tricks** to help you get started on your fundraising journey. Remember - every dollar counts towards building safer futures!

[READ FUNDRAISING TIPS](#)

## Spread the word

A little social media splash never hurt anyone! Be a Walk for WAGEC influencer and engage your community by downloading, creating, and sharing useful resources and social media content.

[DOWNLOAD RESOURCES](#)





### Understand your fundraising impact

By Walking for WAGEC, you have already made an immense impact in the lives of women and children in crisis by choosing to stand beside them on their journey to safety. Each donation, no matter how big or small, gets us closer to our goal of creating futures free from domestic violence. Every single dollar counts!



**\$50**

Could help provide a child with a Welcome Pack of essential items and toiletries to help them feel at home at WAGEC.



**\$120**

Could help provide one week's worth of groceries to women who are experiencing homelessness or who live in refuge accommodation.



**\$250**

Could help provide three days of crisis accommodation for a woman and her children who have just escaped violence.



**\$500**


Could support a woman with the costs of moving and setting up her new home, marking the beginning of her new chapter.


## Keep up with WAGEC's social media channels

Don't miss out on the fun and fundraising milestones! Keep up to date and follow WAGEC on your preferred social media channels. Don't forget to tag our account, and use the hashtag #walkforwagec!

 [@WAGECREDFERN](#)

 [@womens.girls.emergency.centre](#)

 [Women's & Girls' Emergency Centre \(WAGEC\)](#)

 [@wagec\\_](#)

## And don't forget about merch!

All pieces are unisex and proceeds go directly towards funding vital services for women and children that restore their safety, promote recovery and stop violence before it starts.

Wear your values on your sleeve and join a sea of yellow tees on May 5th!

[BUY WAGEC MERCH](#)



WALK FOR WAGEC T-SHIRT

**\$29**

**NEW!**



WALK FOR WAGEC CAP

**\$25**



WALK FOR WAGEC BUCKET HAT

**\$20**

# KEY EVENT INFO

Here's everything you'll need to know before event day.



## **Sunday May 5th Centennial Park, Sydney**

Keep a look out for starting times and event schedule [here](#).  
(Coming soon!)

### **Can't make it to event day?**

Not a problem! We'd still love to see you walk (remotely that is). Email us at [fundraising@wagec.org.au](mailto:fundraising@wagec.org.au) for support.

## **On the day**

### **When should I arrive at Church Grounds?**

Our team will be ready to greet you at registration from 7am onwards. You're welcome to arrive any time after then that works for you, however, we encourage you to join us for the formalities – including the Welcome to Country, opening speech and safety briefing – which will begin just after 8am. The Walk will officially begin at 9am.

### **What should I do when I arrive?**

When you arrive at Church Grounds in Centennial Park, please approach a registration desk to sign in. Once you've checked in and received your wristband, peruse the merch tent, grab a coffee and get ready to Walk!

### **What should I wear?**

There is no official dress code for Walk For WAGEC, but we'd love to see you in your best yellow and purple outfits! You can purchase official Walk for WAGEC merch [here](#). Merch will also be available on the day. Remember, Walk for WAGEC is a fun run, so wear clothing that is comfortable and shoes that you can walk in. Be sure to check the weather ahead of time and dress accordingly.

### **What should I bring?**

The Walk goes ahead rain or shine - so if it's raining bring your brollies and if it's sunny bring your sunscreen! Walk For WAGEC strives to be a waste-free event, so we encourage you to bring your own water bottle and a re-usable coffee cup. We also recommend bringing a hat and sunglasses for extra sun-safety!

### **My friend wants to join me on the day, are they allowed?**

Yes - the more the merrier! If your plus one is over the age of 18, please make sure they register on the day. Children and under 18's do not need to register.

### **Can I bring my dog?**

Of course! We love to see our four-legged friends at Walk for WAGEC but please note dogs must be kept on a leash throughout the event. If you bring your dog, be sure to snap a photo and tag #walkforwagec so no one misses out on seeing our furry friends!

### **Do I have to walk or run the whole 10kms?**

We know that 10km is quite a long way, so if you need to tap out early we encourage you to do so. The most important thing is showing up in whatever capacity you can! If you walk 1km or 10km, every step gets us closer to safer futures for women and children.

### **Can I run the 10km instead of walking?**

If running is your jam, you are absolutely welcome to run the 10km instead of walking! This year we're giving our runners a head start so you can have the smoothest run possible. If you plan to run, please arrive in time to start the course at 9am. Keep your eyes peeled [here](#) for the event's run-sheet - coming soon!

### **Is there free parking?**

We encourage people to take public transport to the event. However, if you need to drive there is free parking around Centennial Park.

### **Will there be food and coffee?**

Yes! We'll have a coffee and food stall available at Church Grounds on the day. There's several cafes throughout Centennial Park, too, if you find you need sustenance on-the-go - you can check them out [here](#).

### **What happens if it rains?**

We walk! Walk for WAGEC will proceed rain or shine. If it's raining on the day, pack your ponchos, bring your brollies and pop on your gum boots to join us for a rather wet walk around Centennial Park!



### Is the event accessible?

Walk For WAGEC is a wheelchair and pram-friendly event; however, we kindly ask that all wheelchair and pram users stick to the pavement (as opposed to the grass track) to ensure you complete the course smoothly and safely. Signage will also be available throughout Church Grounds and around the course, and our team will be on-hand to assist you as needed.

If you have any accessibility requirements, please get in touch with our team at [fundraising@wagec.org.au](mailto:fundraising@wagec.org.au).

### 10km Course Map

The starting line is at the yellow and purple star. First, follow the purple arrows and complete a loop around Busby's Pond. Next, follow the pink arrows and complete two laps of Centennial Park.



Any questions or concerns?  
**Email:** [fundraising@wagec.org.au](mailto:fundraising@wagec.org.au)  
**Call:** 0432 397 572

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If you or someone you know has been affected by domestic violence, you have options:

If you are in physical danger, call Emergency Services on Triple Zero (000).

**1800RESPECT:**

1800 737 732 or [1800respect.org.au](http://1800respect.org.au) →

**NSW Sexual Violence Helpline:**

1800 424 017 or [fullstop.org.au](http://fullstop.org.au) →

**Lifeline:**

13 11 14 or [lifeline.org.au](http://lifeline.org.au) →

**Link2Home:**

1800 152 152 or [facs.nsw.gov.au/housing/help](http://facs.nsw.gov.au/housing/help) →



**Website:** [walkforwagec.org.au](http://walkforwagec.org.au)

**Facebook:** [@WAGECREFERN](https://www.facebook.com/WAGECREFERN)

**Instagram:** [@womens.girls.emergency.centre](https://www.instagram.com/womens.girls.emergency.centre)

**LinkedIn:** [Women's & Girls' Emergency Centre \(WAGEC\)](https://www.linkedin.com/company/women-s-&-girls-emergency-centre-wagec)