



ULVERSTON VICTORIA HIGH SCHOOL



Springfield Road, Ulverston, Cumbria LA12 0EB

Telephone: 01229 483900

Web: www.uvhs.uk E-mail: uvhs@uvhs.uk

Headteacher: Mr Matthew Hardwick BA (Hons), N.P.Q.H.

Deputy Headteacher: Mrs Lisa Muldoon BA (Hons)

Our Ref: MBa/GDi Every child is valued, supported and empowered to achieve their unique potential.

15th June 2026

Dear Parent/Carer

Charity Walk 2026 – Tuesday 14th July 2026

On Tuesday 14th July 2026, UVHS will be holding our annual 'Charity Walk'. We have held this for several years now and it has become one of the highlights of the school year; it involves the entire school, staff and students. It is our expectation that every student will participate in the walk. Please note that the above date of Tuesday 14th July is the correct date (**not Wednesday 15th July as listed in the summer term newsletter that you received from us via email last week**).

Things we need for parents to make this event successful:

1. Encourage and support your child in the **collection of sponsor money/ donations**. The preferred method for donations is via your ParentPay account. However, if you prefer, please find sponsor form attached. This sponsor form needs to be returned to the Finance Office, with the sponsor money in an envelope with the student's name, form and amount enclosed, clearly marked 'UVHS Charity Walk 2026' by **Friday 10th July**.
2. Ensure your child is **appropriately dressed**. Students need to wear sensible and appropriate clothing and **footwear** for the day. We recommend students are equipped with **sun cream** and head protection for our lovely sunny Cumbria days, but just in case it rains they also need to be equipped with **waterproof clothing**.
3. All students need to bring a packed lunch and a drink as the walk will take several hours. If your child is in receipt of a free school meal, they will be provided with a packed lunch.
4. Please can you ensure if your child has an asthma inhaler or epi pin that they are in working order and in your child's bag on the day of the walk.
5. If your child is **NOT** able to take part for any medical reason, please ring the school office on 01229 483900 by **Friday 10th July**.

We walk approximately 10 miles on a similar route to previous years, going from school, over Birkrigg, through Baycliff and along the coastal path, before returning to school via the Swimming Pool and Lightburn Park. There is water available on the route in several places and food and drinks are available at the end of the walk in the school canteen. We also have a minibus that circulates the route to collect any students that are struggling. **Students are allowed to take mobile phones on the walk, for emergency use only and they must be kept out of sight. Headphones are NOT allowed.** Normal rules for mobile phones and other electronic devices apply on the school site.

Thanks to the incredible support and generosity of our school community we have raised a total of £27,903 from this event since 2022. Our objective once again is to raise money which is to be divided between a charity and our own student project. This year we are going to donate to **Cancer Care**. There will be our usual 'Golden Boot' award for the tutor group that raises the most money. In addition, there will be prizes for the top money raiser in each year group.

Cancer Care is a local charity who supports adults and children affected by cancer, life-shortening illnesses and bereavement. They have provided and continue to provide a range of support to some



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of our students and their families. So, we would like to give back to them to ensure their doors stay open for people facing some of life's toughest moments.

Cancer Care's mission is to provide therapies, help and support free to people of all ages affected by cancer throughout North Lancashire & South Cumbria. Their **vision** is to give people the strength to step forward and help people discover their capacity for life when times are tough - with the professional help, emotional support and collective strength to face whatever is next.

Cancer Care's **aims** include:

- To improve the wellbeing of local people of all ages affected by cancer and bereavement
- To raise community awareness of Cancer Care's therapy services and strengthen established links with key local health & wellbeing organisations
- To provide flexible services to meet the needs of local communities and to use our resources wisely

Cancer Care provides fun, friendship and expert support for young adults coping with cancer or bereavement at home. This includes **specialist support tailored to each child or young person's needs** such as; play- based therapy, creative group activities (art, woodwork, yoga), complementary therapies (hypnotherapy, aromatherapy, nutritional, reiki, massage), One- to- one counselling, 'Refresh Young people's Peer Support Group' and a weekly Bereavement Peer Support Group.

Cancer Care Barrow opened in September 2020. The purpose-renovated centre situated in the town centre on Duke Street offers counselling, complementary therapy and specialist children's services for people affected by cancer and bereavement.

However, whilst their services are free to access, they are not free to provide. It costs approximately £2 million per year to run four centres, pay for therapists and deliver outreach services in the community. They rely on people like us, who donate, fundraise and give gifts. No one knows when we might need their help, and we would like to help support them so they can be there for our community.

Our donations will make a real difference. £5 could provide the materials needed to make a memory box with a child who has lost someone they love. £10 could cover the cost of volunteer transport to pick up a client who is too poorly to drive themselves to the centre. £15 could cover the cost of buying milk to welcome our guests with a cup of tea or coffee for one whole week. £30 could cover the one aromatherapy session. £55 could cover a two- hour group therapy session. £100 could cover the cost of three counselling sessions for a client who is coping the effects of cancer or bereavement.

Attendance on any school event/visit is dependent on good behaviour inside and outside school.

If you wish to know anything more, please ring the school office on 01229 483900.

Yours sincerely

Mr M Barton

UVHS Charity Walk Organiser