



Norfolk Village

Cycle Challenge



FUNDRAISING PACK



nnhospitalscharity.org.uk

N&N

Norfolk & Norwich
Hospitals Charity

Norfolk Village Cycle Challenge 2022

Abigael Polley, Lead Therapy Radiographer

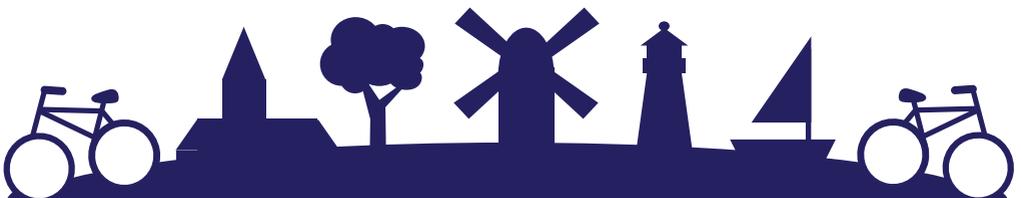
“I use cycling to manage my well-being. Over 2019 and 2020, I decided to push myself by cycling nearly 2000-miles, choosing to discover numerous Norfolk villages I had not been to before. Each cycling distance ranged between 25 to 100 miles and knowing I was fundraising for an amazing cause helped get me through the mental & physical darker times. I raised nearly £4,500 for the radiotherapy department’s skin cancer patients. I’m excited to hear about the NNUH’s 250-year anniversary and the N&N Hospitals Charity Norfolk village cycling challenge.”



Why don't you participate in the celebration and enjoy expanding your Norfolk knowledge by cycling to new villages and towns whilst raising essential funds!

To get on your bike and begin fundraising, email: fundraising@nnuh.nhs.uk

Visit our website to set up your fundraising page: nnhospitalscharity.org.uk



Cycle Challenge Options from light to ultra challenges



Below is a list of the varying options that you can choose to undertake to complete the Norfolk Village Cycle Challenge in support of the N&N Hospitals Charity in celebration of the N&N Hospital's 250th anniversary.

Let us know which challenge you are going to attempt:
fundraising@nnuh.nhs.uk

Set-up and share your fundraising page by visiting:
nnhospitalscharity.org.uk

Get on your bike and enjoy yourself

Please take photos along the way and share on social media tagging
[@NNHospitalsCharity](https://www.instagram.com/NNHospitalsCharity)



1. All areas of the hospital represented by a Norfolk name
2. Cycle as many of the Norfolk villages/towns
3. Choose a letter of the alphabet and cycle all of the places represented by that letter
4. Cycle your own village/town (light challenge)
5. Cycle 250 miles for 250 years
6. Cycle 25 miles for 250 years
7. Cycle 2.5 miles (light challenge)
8. Cycle 25 of the 26 miles of Marriot's Way in Norfolk
9. Tailor the challenge to suit you:
 - a. Meet friends and family you haven't seen due to the pandemic
 - b. Visit landmarks
 - c. Choose fitness goals
 - d. Use to commute and save money that you would use driving
10. Relay with friends and family to cycle to different places taking it in turns to complete the challenge within 12 months.



All of the wards and departments in NNUH named after a Norfolk village or town

A suggested minimum of £250 - £1000 to be raised in celebration of the N&N Hospitals 250th anniversary.

Download the comprehensive Norfolk Village listing from:
<https://nnhospitalscharity.org.uk/support-us/event-listings/>

AMU K(napton)
AMU H(olt)
AMU I(ntwood)
Aylsham
Blakeney Ward
Bowthorpe
Brundall Ward
Buxton Ward
Cley Ward
Coltishall Ward
Colney
Cringelford Ward
Cromer
Denton Ward
Dilham Ward
Docking Ward
Dunston Ward
Earsham Ward
Easton Ward
Edgefield Ward

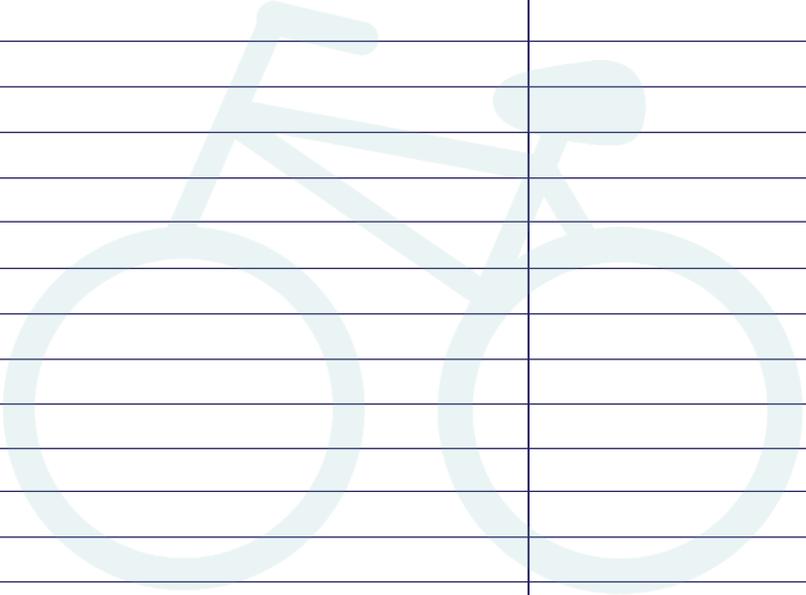


Elsing Ward
Gateley Ward
Gissing Ward
Guist Ward
Gunthorpe Ward
Hethel Ward
Heydon Ward
Hoveton
Ingham Ward
Kilverstone Ward
Kimberley Ward
Langley Ward
Loddon Ward
Mattishall Ward
Mulbarton Ward
Reepham
Waxham
Weybourne
Winterton



Norfolk Village Cycle Challenge Checklist

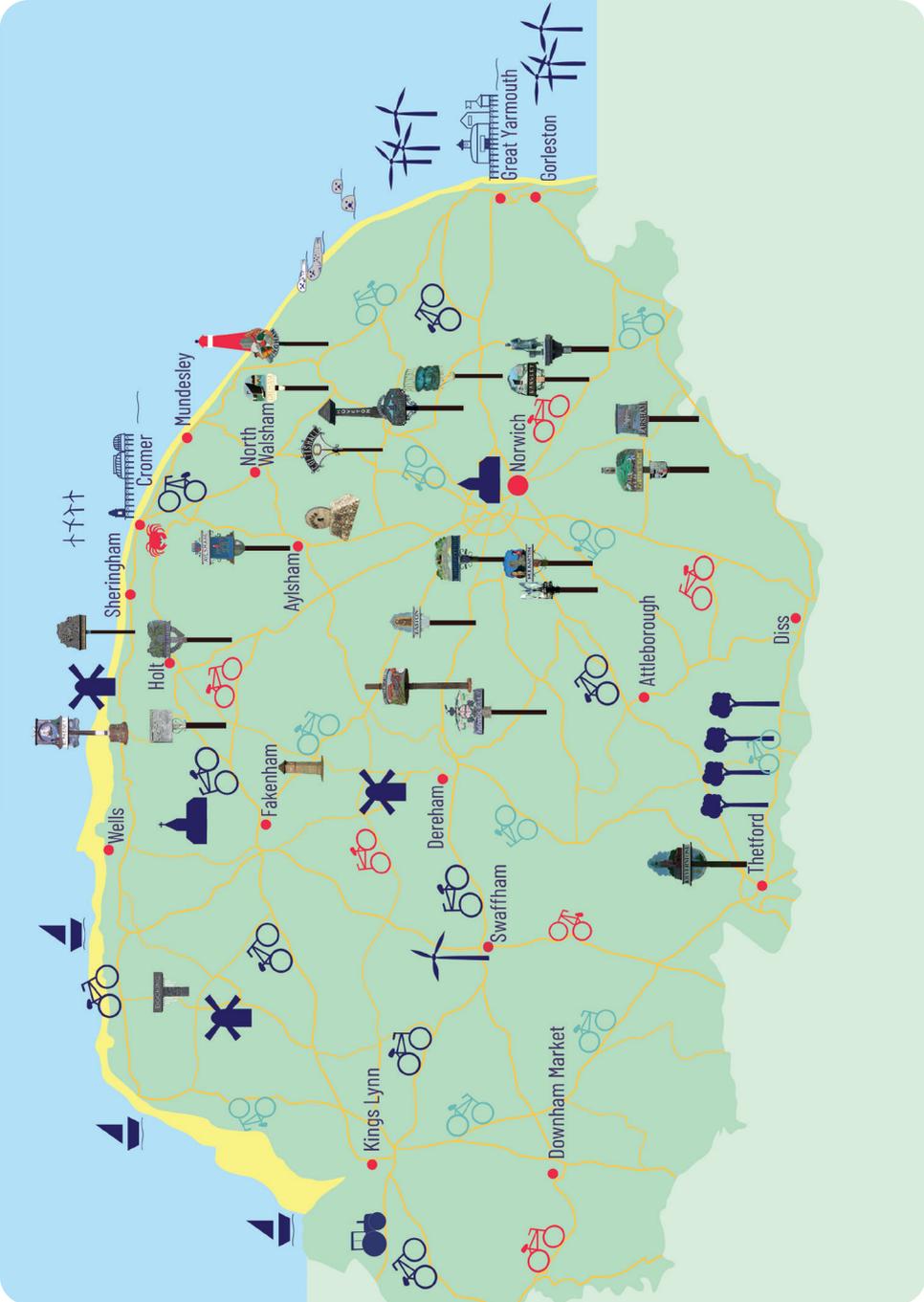
	Name of Place	Date completed
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Disclaimer: Pictures taken at previous cycle challenges and are not a reflection of the Norfolk Village Cycle Challenge

Norfolk Village Cycle Challenge Map



The Important Stuff!



Getting your donation to us to benefit patients is important to you and important to us. See below how you can safely deliver your donation in aid of our hospitals

Setting up a fundraising page from our website is the easiest way as your donation reaches us automatically. **Simply click: FUNDRAISE FOR US**

You can use the Donate Button on our Website:

www.nnhospitalscharity.org.uk and click the red button

You can make a BACS transfer:

Please email: fundraising@nnuh.nhs.uk and we shall send you our details for you to make your donation.

Send us a cheque or visit our office, meet the fundraising team and we can bank your donation for you.

You can find us at:

The Charity Hub, Norfolk and Norwich University Hospitals, Colney Lane, Norwich NR4 7UY



**Norfolk & Norwich
Hospitals Charity**

