



# Steps 4 Stephen Newsletter #7

May 2020

OFFICIAL  
LAUNCH DATE  
June 1



Included in this Newsletter ;-

- Darbs Goes Home - The Virtual Walk
- Memories of Steps 4 Stephen 2019
- Becoming a Walker
- Order your Darbs Goes Home T-shirt
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## DARBS GOES HOME

Given the current corona virus pandemic, we have had to take the decision to defer our planned Steps 4 Stephen UK Sports Tour through to 2021. We absolutely aim to deliver that tour but at the moment, the environment is not right to take this on. Social distancing could be with us in some form through to the end of the year.

We are keen however to find a way to support the Stephen, Chris and the Foundation. It has to be in line with the guidance on social distancing policy. An event of our usual style will with a team of 12-14 spending a weekend at close quarters in a minibus would not work.

The other aspect for consideration is that fundraising at this time will prove understandably difficult as so many people are facing hardship.

We do, however have a plan, to stage **Darbs Goes Home**, a virtual walk over the weekend of Saturday August 29 and Sunday August 30.



## WHAT IS “DARBS GOES HOME”?

**Darbs Goes Home** is a virtual walk that mirrors a journey if we walked from Bradford City to Liverpool. Bradford was where Stephen Darby enjoyed the greater part of his career. Liverpool, of course, is where he footballing life began. Symbolically, we have broken the route into two by stopping at Bolton Wanderers, Stephen’s last club.

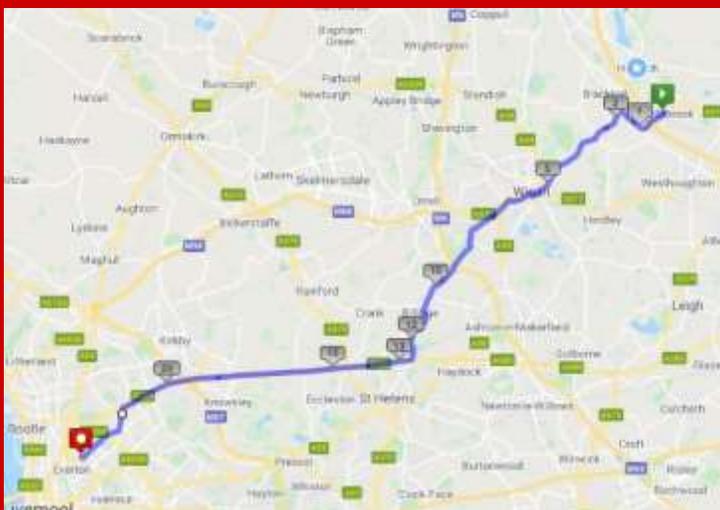
Each of these two stages has been broken down into 5 mile sections with smaller sections at the end of each day. A five mile walk of this type takes on average 90 minutes and so we have built a schedule as if we were walking the route.

So this is a virtual walk, but what does that mean. We have planned the route we would have walked to the timetable on this page. However there is no expectation that people will walk these stages physically. Participation in the event will be taken locally and in family and in social isolating groups. Walkers are starting to register to participate on one or multiple stages by completing sections of the appropriate mileage (5 miles for most) at the appropriate stage times. The benefit of this is that we can involve people all around the world. Our aim is to try to recruit over 500 people all round the world to walk their stages in support of the foundation. We already have a group led by Gary Paterson leading a group around the streets near Atlanta, Georgia, virtually completing stages 7, 8 and 9.

Imagine how amazing this event will be if we can have groups of people all around the UK and, indeed, around the world. We already have groups registered to take place in Bolton, Wakefield, Glasgow, Edinburgh, Liverpool, Halifax, Leeds and on the Wirral. And this was before we officially launched the event.



**Day 1 – Bradford City to Bolton Wanderers**



**Day 2 – Bolton Wanderers to Liverpool**

### SATURDAY AUGUST 29

Stage	From	To	Miles	Start Time	End time
1	Bradford City FC	Shelf	5.0	7.00	8.30
2	Shelf	King Cross	5.0	8.30	10.00
3	King Cross	Ripponden	5.0	10.00	11.30
4	Ripponden	Lydgate	5.0	11.30	13.00
5	Lydgate	Rochdale AFC	5.0	13.00	14.30
6	Rochdale AFC	Fairfield	5.0	14.30	16.00
7	Fairfield	Brightmet	5.0	16.00	17.30
8	Brightmet	Lostock	5.0	17.30	19.00
9	Lostock	Bolton Wanderers FC	1.7	19.00	19.30

### SUNDAY AUGUST 30

Stage	From	To	Miles	Start Time	End time
10	Bolton Wanderers FC	Wigan	5.0	7.00	8.30
11	Wigan	Billinge	5.0	8.30	10.00
12	Billinge	Windle Island	5.0	10.00	11.30
13	Windle Island	Gillmoss	5.0	11.30	13.00
14	Gillmoss	Liverpool FC	3.4	13.00	14.00



## WALKERS RECRUITED SO FAR

As of Thursday May 28, these are all the groups in plan to join Darbs Goes Home. The locations for where they intend to walk is also shown. We have big plans here though. There are no

SATURDAY AUGUST 29				
Stage	Miles	Start Time	End time	Group Leads
1	5.0	7.00	8.30	Stephen Darby in Lancashire Mike Wilson in Halifax Steve Wood in Gran Canaria, Spain Tony Kelly & John McGinlay in Bolton
2	5.0	8.30	10.00	Andy Hughes in Leeds Adam Dixon in Liverpool
3	5.0	10.00	11.30	Andy Hughes in Leeds Lou Wood in Halifax
4	5.0	11.30	13.00	Andy Hughes in Leeds
5	5.0	13.00	14.30	James Elstub in Wakefield McCall Family in Formby
6	5.0	14.30	16.00	Simon Powell in Bushey
7	5.0	16.00	17.30	Gary Paterson in Atlanta USA Ian Philbey in Sutton
8	5.0	17.30	19.00	Gary Paterson in Atlanta USA
9	1.7	19.00	19.30	Gary Paterson in Atlanta USA Mike Wilson in Halifax

SUNDAY AUGUST 30				
Stage	Miles	Start Time	End time	End time
10	5.0	7.00	8.30	Dave Cope in Bolton Matt Purchase in Liverpool Phil Clark on the Wirral
11	5.0	8.30	10.00	Dave Cope in Bolton
12	5.0	10.00	11.30	Dave Cope in Bolton Aggie Pokorska & Chris Yiallourou in Liverpool Lou Wood on Halifax
13	5.0	11.30	13.00	Dave Cope in Bolton Aggie Pokorska & Chris Yiallourou in Liverpool
14	3.4	13.00	14.00	Dave Cope in Bolton Aggie Pokorska & Chris Yiallourou in Liverpool McCall Family in Formby

geographic constraints to this event. Walkers can sign up to participate where ever they are. All they need is a route accurately measured to fit the virtual stage they are completing. We have an ambitious target to recruit 500 walkers to be part of this event.

We have no significant fundraising targets given the challenges faced by so many due to the ongoing pandemic. So instead, our focus will be on a show of force that lets Stephen, Chris and those facing the same challenges that they have support of so many across the world.

Most of us take some form of daily exercise. We are hoping that many commit to use this time to walk with us, helping us #AttackMND together!



## FUNDRAISING FOR THE FOUNDATION

This event is in support of the Darby Rimmer MND Foundation. Like many charities, their plans will have been significantly interrupted by the pandemic. While this event will try to raise money for the Foundation, we do this with great understanding that this is a time of great hardship for many. We have no expectations of reaching any fundraising target. We do have options. These are our



**Signed, matchworn England shirt from the Womens' World Cup Semi-Final worn and donated by Georgia Stanway.**

Our options include the following;-

1. We have a number of signed football shirts we plan to auction to coincide with the event.
2. We are working with White Lodge Group to sell Darbs Goes Home event t-shirts in a choice of 7 colours. For each t-shirt purchased, a donation is made.
3. We have a donation page as requested by some walkers. This allows those who feel they can to make an online donation. This page can be find using the green button below.



[Donate Now](#)

## ABOUT MND

Motor Neurone Disease (MND) is a neurological condition which affects the nerves in the brain and spinal cord. In some countries it's known as ALS. MND affects a person's arms and legs resulting in the need of a wheelchair whilst losing the ability to do basic things like wash, feed and dress yourself. It affects your ability to swallow food and drink which leads to the need of a percutaneous endoscopic gastrostom (PEG) feeding tube, to maintain nutritional intake as swallowing becomes impossible. Your voice is compromised and people are unable to talk meaning communicating is difficult. Breathing muscles are also affected, which leaves you relying on a ventilator to breathe. All these symptoms occur whilst your mind is unaffected.



## HOW TO SIGN UP TO TAKE PART IN **DARBS GOES HOME**

We have set an ambitious target of recruiting 500+ walkers to take part in this walk all around the world. So how do you register to take part.

*Please note the key restriction that teams must be made up of family groups who normally reside together or smaller groups of friends observing social distancing as appropriate at the time or in the country where you are walking.*

1. Register at <http://www.redwoodevents.co.uk/join-the-event/> with the following info
  - a. Name (main contact in group)
  - b. Email Address
  - c. Twitter Name if you have one
  - d. Stages you plan to walk (specifically so we know which time you intent to join the event)
2. In an ideal world, we would really like to see our walkers kitted out in t-shirts with the Steps 4 Stephen branding. Walkers with t-shirts from previous events can wear those of course. White Lodge Group have adapted a traditional event t-shirt with the social distancing instructions ready for the Darbs Goes Home event. We hope that many of our walkers without t-shirts will buy one of these for this years events. Click on any of the shirts here to do this. A donation from every shirt purchased goes to the foundation so this will be an amazing way to show your support.
3. We have an online donation page should anyone want to make a donation. This can be found by clicking the donation button below. All donations that people feel they can make, are hugely appreciated.

Once you have registered you will receive an email confirming this

[Click here to Donate](#)

**BECOME ONE  
OF THE 500**



## NEXT STEPS

We have around three months to go before the **Darbs Goes Home** walk. The virtual nature of the event and the fact that our focus is as much on raising awareness of MND and the Foundation means that there are far fewer preparations to be completed. But there are some things you can be doing

1. Register your group / family as per instructions in this newsletter
2. Order your t-shirt(s) again using the links provided earlier
3. If (and only if) you feel comfortable doing so, please use the donation page link to raise funds
4. Join our Facebook Group [here](#)
5. Please try to encourage others to take part by sharing this newsletter or any related links
6. Keep an eye on the updates on Twitter under the hashtags of
  - #Steps4Stephen
  - #S4SDarbsGoesHome

We will continue to recruit walkers hopefully including many from the sporting world, keen to show support for Stephen.

Further updates can be found on our website at [www.redwoodevents.co.uk](http://www.redwoodevents.co.uk)



## ITS FOR THE FAMILY

The restrictions brought on by the coronavirus mean that this is definitely a family event. Lets make the most of it and walk with your nearest and dearest, not forgetting your dogs. The Darby Rimmer MND Foundation, as ever, hugely appreciate any support you can give. Lets show Stephen Darby and Chris Rimmer that they will very definitely Never Walk Alone!

