



Welcome

A very warm welcome to the 999 peoples march for the NHS. All the organisers and co-ordinators thank you for your efforts in defending our beloved NHS, and ensuring that it is preserved for us, our children, grandchildren and future generations.

Please be aware of the following health and safety measures

- The organisers and local co-ordinators have all worked very hard over the last few months and have planned carefully so that the vast majority of the march takes place on footpaths and pavements. Please do not walk on the roads unless absolutely necessary.
- Please familiarise yourself with the stewards and watch out for instructions, especially at busy road crossings, roundabouts and junctions. The stewards are not being bossy - they are there to ensure your safety.
- Please familiarise yourself with the first-aiders. They are also there to help you should you need them. If you start to struggle, please don't suffer in silence – tell someone! We want you to enjoy the march.
- Everyone on the march will have different levels of fitness and walking experience. Please be patient if we need to pause for people to catch up. Likewise, please offer support and encouragement to each other.
- Everyone on the march will have differing opinions and political viewpoints. We ask that you respect each other and remain polite and courteous throughout the day. The purpose of the march is to defend our NHS and raise awareness of how it is being harmed by Coalition cuts and privatisation. This is one thing we all agree on, otherwise we wouldn't be here!
- Please keep together for the duration of the route.
- Please keep children under control. They are very welcome, but their safety and behaviour are your responsibility for the duration of the march.
- Dogs are also welcome, but please keep them on leads at all times, and please deal with any “deposits” they may make on the way. You are responsible for the safety and behaviour of your dog at all times.
- Please keep yourself well nourished and drink adequate fluids throughout the day. We politely ask that you do not drink alcohol until the end of the march. Not only will this dehydrate you, you will need the toilet more often and there won't always be one! It could also lower your guard, putting your safety and that of others at risk.
- If you want to leave the march early, this is fine, but please tell a steward before you go.
- At the end of today's march there may be a rally, or there may be a social event organised by the receiving town or city. If so, you are more than welcome to join these. Please ask the local co-ordinator or a steward if you need more details.
- Above all enjoy the march, and let's send a clear message to the Coalition Government that the NHS is ours! Its not theirs to sell off from under our (marching) feet!

Good luck everyone!