



## RIDE & STRIDE BENEFITS FOR CHURCHES

1. This event raises money for HIHCT to give out in grants to our churches for the maintenance of their fabric, re-ordering and for anything else in fabric terms that we think will help to encourage more and diverse usage of a church and, in some cases, help bring in a revenue stream. It helps to keep our churches alive and viable.
2. Participants can nominate a church which can then receive half the sponsorship money raised back from HIHCT. The Trust will retain the rest including Gift Aid. This money goes towards grants and loans for our churches. This can be particularly beneficial where a church is funding a specific project - so there is a benefit to them and us.
3. Through the involvement of our churches in this event over 350 churches have benefited from over £600,000 in grants (and loans) with £1+ million raised by our churches over 30 years. This has helped enormously to keep our churches well supported.
4. The event can bring your church and the local community together - you need everyone to contribute to the church's maintenance not just the congregation. In a Benefice it can bring all the churches together to do the event between them and give them a real sense of community and fun. People can sponsor participants, donate, warmly greet participants and visitors at the church with refreshments; offer information or guides to point out interesting features; participate as a rider or strider or any other form of fund raising activity.
5. Participants enjoy meeting people in other churches and sharing experiences, problem solving etc.; being inspired by the diversity of our wonderful church buildings etc.. and it might even encourage some to re-order when they see what a difference it can make!!
6. Messy church, local schools can be invited to come in and learn something about the church's history etc., have a quiz, treasure hunt etc.. and to involve children.
7. We think it supports MISSION too in bringing people together with a common purpose.
8. It is the one day in a year when more churches will probably be open and manned for the wider community (not just churchgoers) to visit than any other so what a chance for the churches to showcase themselves. More than 4 out of 5 (84%) think that the UK's churches are an important part of the UK's heritage and history, and 83% think that they play an important role for society, as they provide a space in which community activities can take place, well as worship, according to the findings of the *ComRes poll which interviewed 2,038 GB adults online in mid-December 2015*. This event has huge potential to get in supporters! Even our CCT churches open in Hampshire!
9. Ride & Stride is just what the current philosophy is encouraging - working together, encouraging others to join you and to find effective revenue streams to keep churches open particularly when they have a "difficult" building to manage! Our grants support that.
10. It encourages healthy activity and there are many ways of doing this not just what the event title suggests!
11. It is a wonderful, uplifting and fun day. Once hooked people get involved year after year!
12. The day also occurs during Heritage Open Days so churches can register with HODs and gain even more publicity and interest in their building, opening their doors to more visitors.

**Ride & Stride can be done to raise sponsorship in whatever way suits a church and participants.**

Here are some suggestions starting with the obvious ones, based on what participants have done! These are listed to just give an idea of what is possible and it covers all age groups.

- walking (could be as a group)
- biking
- running
- horseriding
- canoeing
- mobility scooter
- bus around an area
- drive
- static bike, treadmill, rowing machine (could be combined as an indoor gym!)
- coffee morning
- afternoon tea
- cake stall + other stalls
- study morning or afternoon of the church
- all day community event at the church
- whist drive/games/jigsaw morning
- quiz
- treasure hunt
- children's trails
- readings - bible, poetry etc..
- singing (in one church or visiting several)
- spring clean inside or churchyard clean up for a day
- tours
- grass cutting
- End day with a BBQ or supper for everyone!

**And finally**

**A Prayer for Ride & Stride**

by the Revd Preb David Crowhurst  
former Secretary of the National Ride & Stride Committee  
(supported by the National Churches Trust)

*Almighty God, in the example of the Saints we have learnt to love you and worship you,  
and in the generosity of many generations we are given our Churches, Chapels & Meeting Houses;  
so encourage us in our responsibility to cherish and maintain them  
that a lively faith may arise in, and stimulate the praises of, the generations yet to come;  
and call out a spirit of sacrifice and generosity in us all  
especially in support of the annual, national RIDE+STRIDE event,  
through Jesus Christ Our Lord.*

*Amen.*

**[www.hihct.org.uk](http://www.hihct.org.uk)**

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