

QUEEN ELIZABETH OLYMPIC PARK

The Park covers 560 acres, has 6.5km of waterways, 15 acres of woodlands, hedgerow and wildlife habitat and 4,300 new trees. 525 bird boxes and 150 bat boxes and has had over four million visitors since it opened. More than 5,000 people (30% from the local area) worked on the park during its transformation - including 60 apprentices.

The Stadium will be the new home of West Ham United Football Club and national competition centre for UK Athletics in 2016. A new floodlit athletics track will be built next to the main Stadium. This will be used by the local community, local and regional athletics clubs and also as a warm-up track for elite events within the Stadium.

For families with primary or pre-school aged children on the walk, I can recommend the play areas close to the Timber Lodge Café.

HACKNEY MARSHES

The marsh formed the Saxon border between Miltdelessex and Essex, and was drained in the later medieval period, but remained subject to flooding so was never built on. The area was purchased in 1890 by the London County Council to ensure it was preserved for recreational use. In the 20th and 21st centuries the marshes have become, according to Hackney Council, "internationally known as the spiritual home of Sunday League football" - there are over 80 pitches, and at the time of writing it cost £82 to book a full-sized grass pitch at peak times. There are also rugby and cricket pitches available.

HOMERTON

In the Tudor period, Homerton was a highly desirable suburb, but only one building remains from this period: we pass by Sutton House, which dates from this time, and is now owned by the National Trust. In 1786 Homerton College was founded for the education of Calvinist ministers and later training teachers, before moving to Cambridge in 1896 where it has become a full part of the university. Students from the college founded Leyton Orient football club. Ray Winston and Marc Bolan were both born in Homerton Hospital, and Matchbox toys were made here until 1990.

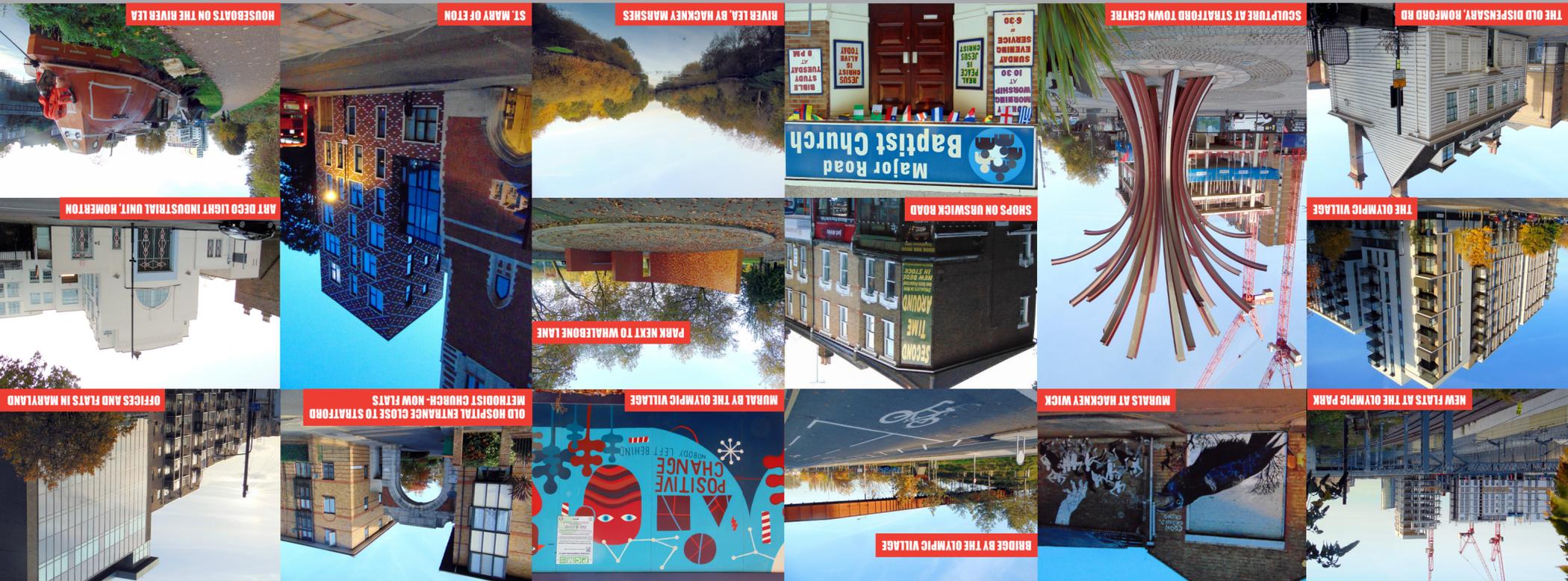
MARYLAND

Maryland is a very unusual example of a British place named after someone in the USA. In 1638 a local merchant called Richard Lee went to America, where he made his fortune and bought an estate at Maryland Point on the Potomac River. After 20 years he returned, and built a large house that he called Maryland Point, from which the area takes its name. Many years later, his great-great Grandson, Robert Lee, led the Confederate forces in the American civil war.

"STINKY STRATFORD"

The Metropolitan Building Act of 1844 prohibited noxious trades within the city limits of London, and so many of them came to Stratford that the area gave rise to the name of 'Stinky Stratford', factories made acids, paints, leather goods and a host of other items. As much manufacturing closed towards the end of the 20th century, other unglamorous industries arrived, such as car breakers and the "bridge mountain" - Europe's largest recycling area for kitchen appliances. Much of this old industrial area is now the Olympic park, but part of the cost of the Olympics was cleaning up the contamination of a century and a half of pollution.

OLYMPIC PARK IN STRATFORD AND HACKNEY



UNLOCK

LONDON WALK 33

OLYMPIC PARK IN STRATFORD AND HACKNEY

SATURDAY 23 APRIL 2016 9AM TO 5PM

AROUND THE ORBIT

DON'T FORGET

- A-Z map of London. (if you have one)
- Some of the churches on the route may provide refreshments.
- A snack or picnic lunch. (some food may be available on the route too)
- We walk whatever the weather.
- Look for things to pray about as you walk.

Please work with us to ensure that the **2016** walk generates more income to fund Unlock's vital work. You can do this by:

- **Seriously & prayerfully** consider how you can support Unlock's ongoing work.
- **Sponsorship** - get as many sponsors as you can, by explaining to them what you are raising money for; and ensure that they gift aid their sponsorship wherever possible.
- **Promoting Unlock's work in your church or area** - put up a display in your church, or write something for your church magazine.
- **Bring along some friends** - encourage new people to join you for an Unlock London Walk experience in **2016**.
- **Through your Church** - persuade your church to give funds to support Unlock as part of its regular missionary giving.
- **Donations** - you can make a personal donation to Unlock's work, either on a one off basis, or better yet, at regular intervals.

2015 walk sponsorship and donations have again reached over £26,500. In a difficult economic climate this is a fantastic testament to the commitment of our faithful band of walk supporters, and we really appreciate it. However, one really good year must not make us complacent and Unlock continues to need your support. Unlock relies heavily on income from the Unlock London walk to fund our work. Because we are directly engaged in Christian Mission it is very difficult to secure other types of funding. So please keep up the momentum and do all you can to maximise the returns from the 2016 Walk. Unlock local projects are making a real difference, bringing the gospel to people that the churches haven't been able to reach; and there's more we can deliver if we have the resources!

MAKING YOUR DONATION COUNT EVEN MORE

Donating on-line saves Unlock valuable staff time and money and is quick and easy to do via:

- **Virgin Giving**
If you want a quicker simpler way to solicit and collect your Unlock sponsorship you can now register with Virgin Giving, who will collect all your sponsor money, claim the gift aid, and send it all to Unlock on your behalf. This allows you to promote your fundraising for Unlock via your facebook page or by e-mail, and to collect sponsorship from people at a distance who you do not regularly meet up with. It saves you managing a pile of small change or writing a cheque. It also saves Unlock time and money, making your support more valuable to us, because more of it can be channelled straight into our front line work with the Bible amongst the urban poor.

For further details on how to request sponsorship or make a donation go to unlock-urban.org.uk/support_walk.php

Give as You Live - For On-line Shoppers

Would you like to support Unlock every time you shop online at no cost to you and no cost to us? With Give as You Live, thousands of major brands including Amazon, Play.com, John Lewis and Expedia have signed up to donate a percentage of every purchase you make online to Unlock. The average shopper will raise £2.10 per month through what they already buy online. Give as You Live is easy to set up and use. Simply visit Give as You Live at <http://www.giveasyoulive.com/join/unlock> for full details, try it today and help raise valuable funds for Unlock.

- The aims of the Unlock London Walk are:
- To raise money for Unlock's work in deprived urban areas across the UK.
 - To raise awareness of the issues of exclusion that Unlock exists to address.
 - To showcase the ministry of churches in urban areas. Come and see what God is doing in the city.
 - To encourage churches in more affluent parts of the country to support the work of their fellow Christians in the inner city.
 - To give 100s of people an opportunity for an unusual and enlightening day out in London.

Unlock works by running local projects in UK cities, where a trained Unlock Development Worker, accompanied by a local support group, is employed to encourage and enable local people and their leaders to grow in faith and confidence by:

- **UNLOCKING REAL LIFE STORIES OF URBAN PEOPLE**
- **REVEALING GOOD NEWS OF THE DOWN TO EARTH CHRIST**
- **RELEASING LIFE CHANGING SKILLS AND CONFIDENCE**

The following are available from unlock-urban.org.uk, or from the Unlock National Office:

- More copies of this map brochure & sponsor forms.
- Written description of the walk.
- Resources to help you promote Unlock's work.
- Information about Unlock Local projects - real stories of real people.
- Unlock resources free to use.

Unlock
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Registered Charity: 313454

