GLOW

Winter Walk

Event Guide

All you need to know!

Mental Health UK

GLOW Winter Walk

Welcome to GLOW Winter Walk 2026!

Thank you for choosing to spend your evening walking with us through the heart of London.

Whether you're taking part to support your own mental health, honour a loved one, or help raise awareness and funds for Mental Health UK, we're delighted you're joining us.

This guide contains everything you need to know before the event.

GLOW is your way to support better mental health.

Whether you'll be walking in memory of someone, supporting a loved one, prioritising your own wellbeing, or simply standing with the millions affected by mental health challenges, we're so grateful you're joining us.

At Mental Health UK, we believe that everyone deserves the support they need to achieve good mental health. We work to improve understanding, provide practical support, and advocate for lasting change.

Living with a mental health condition can affect many aspects of daily life, from your physical health to your home, your work and ability to manage money. Every year we provide thousands of people across the UK with practical advice and information to help understand and manage their mental health.

Your generous donations help Mental Health UK reach more people affected by poor mental health with advice, support and information.

Please feel free to reach out with any questions to GLOW@mentalhealth-uk.org.



We can't wait to walk alongside you.
The GLOW Team

Mental Health UK

LET'S GET GLOWING!

Everything you need to know!

Key details

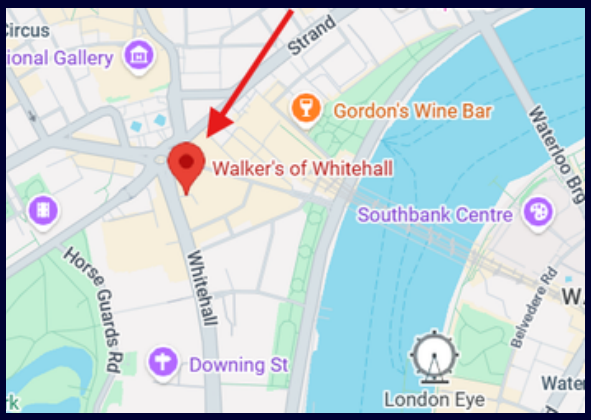
- **Date:** Thu 3 Dec, 2026
- **Venue:** Walker's of Whitehall (15 Craig's Court, Whitehall, London SW1A 2DD).
- **Distance:** 10km
- **Challenge Level:** Suitable for walkers of all abilities
- **Registration Opens:** 17:30
- **Walk Starts:** 18:30
- **Finish Closes:** 22:00

When you arrive at Walker's of Whitehall, head to the registration desk to check in. Have your QR code ready, or simply provide your name to one of our volunteers.

Once checked in, you'll be able to soak up the atmosphere before we gather for our welcome and safety briefing.

How To Get Here

- **Closest underground stations**
  - Charing Cross - 2 min walk
  - Embankment - 5 min walk
  - Westminster - 8 min walk
- **Train**
  - Charing Cross - 2 min walk
- **Bus**
  - Numerous central London bus routes serve Whitehall, Trafalgar Square and Westminster, all within a few minutes' walk.



What to Bring:

- ☐ **Comfortable Walking Shoes**
- ☐ **Refillable Water Bottle & Snacks**
- ☐ **Dress for Winter Conditions**
- ☐ **Optional Glow Accessories**
  Glow sticks, LED lights, illuminated headbands and bright clothing are all encouraged!

When you arrive,
head to the registration table to check in.

Mental Health UK

DISCOVER LONDON AFTER DARK

GLOW
Winter Walk

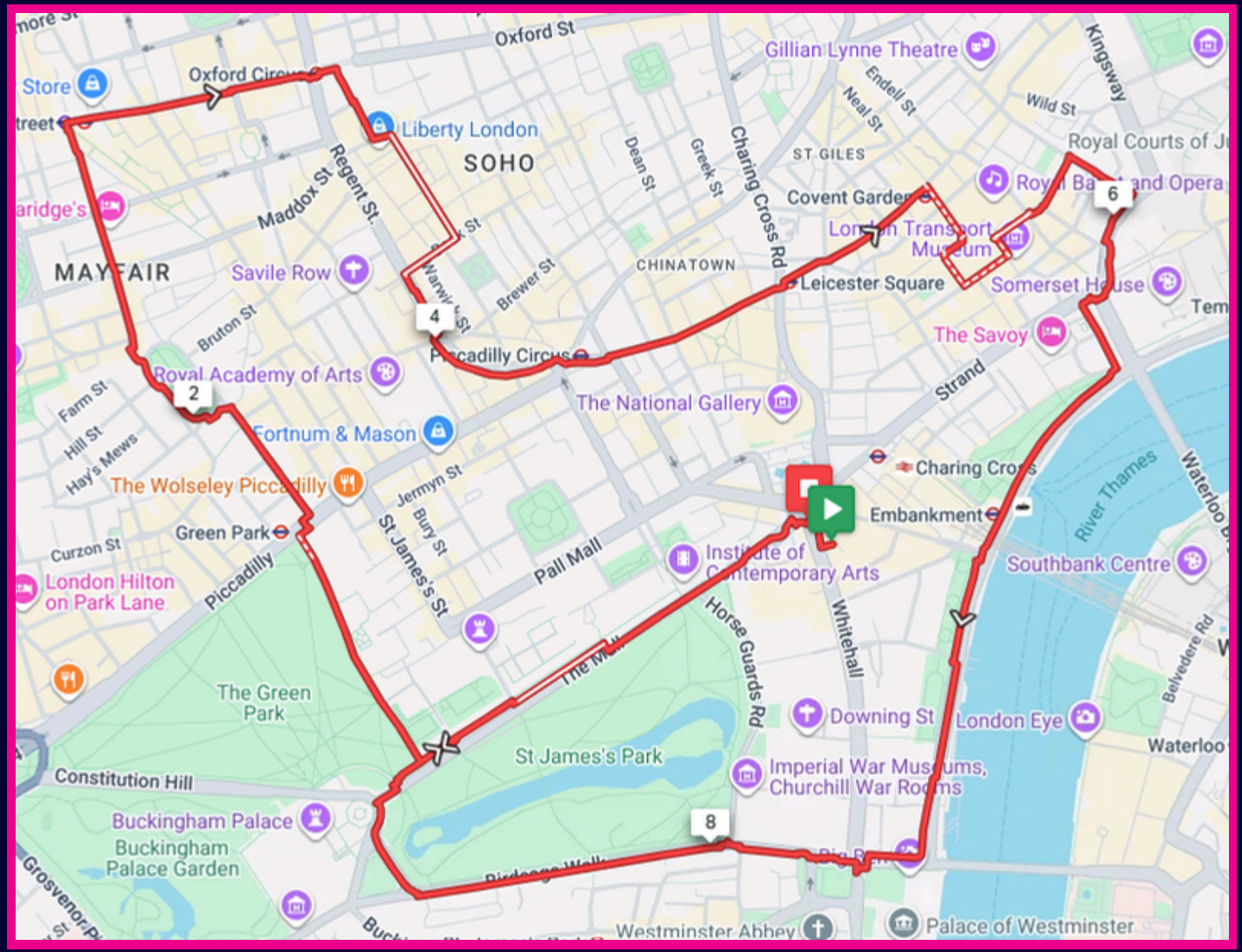
Starting and finishing at Walker's of Whitehall, our 10km circular route takes you through the heart of London and past some of the city's most recognisable landmarks.

As you walk, you'll experience the capital in a completely different way, with illuminated streets, riverside views and a fantastic atmosphere shared with fellow supporters. The route is largely flat and paved, making it suitable for most fitness levels.

What You'll See

- Whitehall
- Trafalgar Square
- The River Thames
- Westminster
- Central London landmarks
- The London skyline after dark

Please note that the route may be subject to minor changes.



View full route

ALL YOU NEED TO GLOW

Fundraising Guide



Sponsorship Form



GLOW Bunting





Social Media Post Assets



Selfie Props



Social Media Story Assets

Visit our GLOW Hub

GLOW FAQs

Is GLOW suitable for children?
Yes! GLOW is a family affair, and we would love to see you bring your younger family members along with you. Please note that all children under the age of 16 must be accompanied by an adult.

Can I join as a solo walker?
Absolutely! You can join as a solo or as a group. We will make sure you have a brilliant time.

Can I bring my dog?
Dogs are welcome but must be kept on a lead at all times. Please remember to bring water and anything your dog may need during the event.

Can I wear fancy dress?
Absolutely - we love to see creative glow outfits!

Visit our website for more FAQs or email us at glow@mentalhealth-uk.org

Mental Health UK

HERE'S HOW YOUR SUPPORT MAKES A DIFFERENCE

Your generous donations help Mental Health UK reach more people affected by poor mental health with advice, support and information.

Living with a mental health condition can affect many aspects of daily life, from your physical health to your home, your work and ability to manage money. Every year we provide thousands of people across the UK with practical advice and information to help understand and manage their mental health.

Every Pound You Raise Makes a Difference

£10 could allow 25 people to access the Mental Health & Money Advice to improve their financial situation and mental health.



£25 help support someone in our Into Work programme



£50 could help 5 young people to complete an 8-week programme to manage their mental health.



£75 could provide a listening ear and friendly chat for people in the community who needs support with their mental health.



Mental Health UK

SAFETY INFORMATION

Keeping Everyone Safe

The safety and wellbeing of our participants is our top priority.
Please:

- Follow marshal instructions at all times.
- Take extra care when crossing roads.
- Stay aware of your surroundings.
- Walk with others where possible.
- Contact Event Control if you require assistance.

Emergencies

In an emergency call 999 immediately.
Then contact the GLOW Event Team using the emergency number provided ahead of the event.

The route is fully accessible for wheelchair access but please get in touch if you have any specific needs.



Need help or got any questions?
Get in touch with us at **glow@mentalhealth-uk.org** - we're here to help.

Mental Health UK

THE AFTER-GLOW



Congratulations!

You've done it.
Whether this was your first challenge event or one of many, you've helped raise vital funds and awareness for mental health while completing an incredible 10km walk through London.

Take a moment to celebrate your achievement, collect your medal, enjoy the atmosphere and reflect on the difference you've made.

Share Your Achievement

We'd love to see your photos and hear about your experience.

📸 Share your GLOW moments on social media and tag @mhealthUK using #GlowWalk

Don’t forget to check out our other fundraising opportunities and **keep a lookout for information about GLOW 2027!**