

10k inspiration

Thank you for taking on 10k for Justice local to where you are.

If you are working in central London on the 5th October you can join our new River Route East walk from your office. Please note that there is no official start or end point to reduce congestion and gathering, so just start and end at the nearest point on the route to your office. Please be aware that the route will not have marshals. Responsibility for safe social distancing lies with the individual.

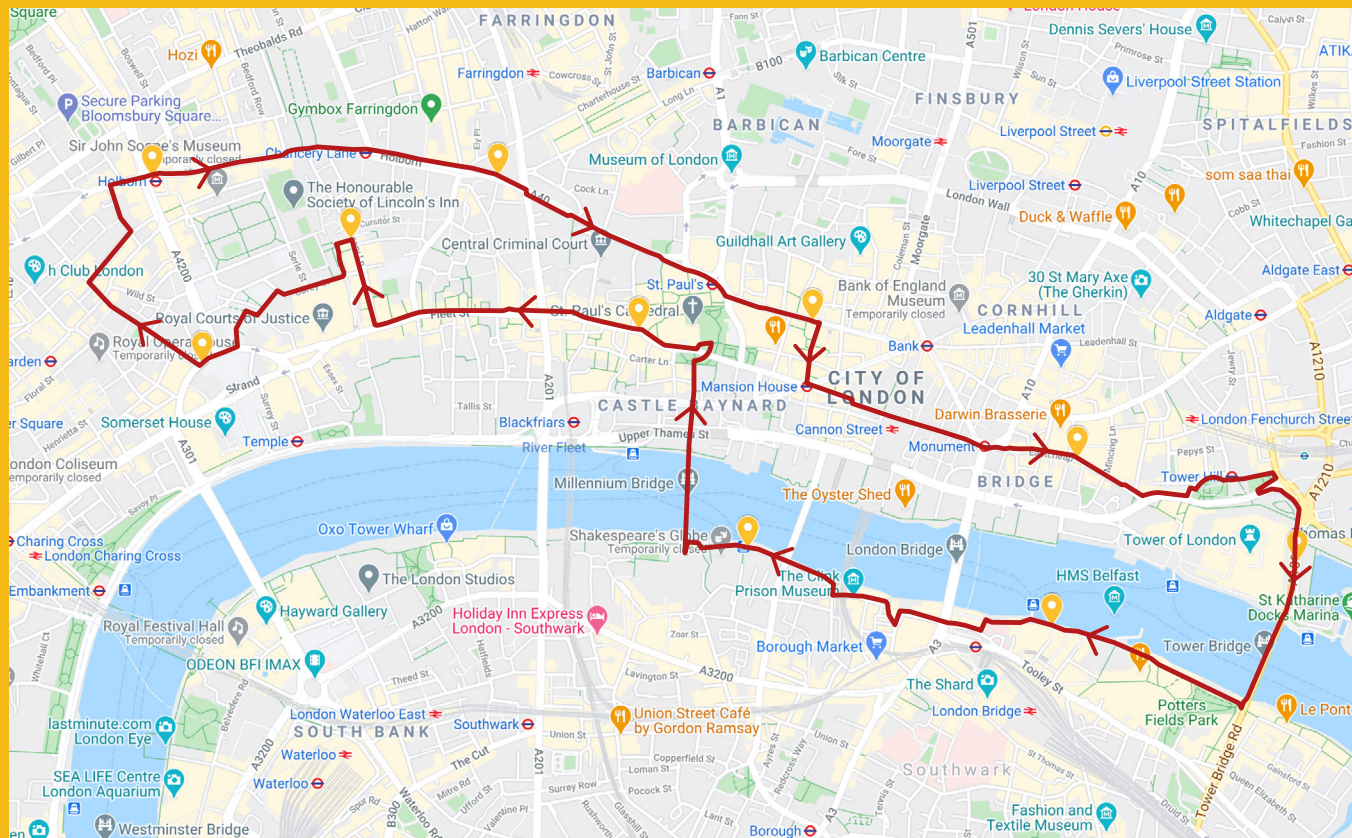
Though [ParkRun events](#) are currently suspended, its website has over 700 5km routes in both the UK and abroad, so lap the route twice to complete your 10k for Justice.

The [National Trust](#) has reopened 130 parks and gardens – tickets are available through advance booking so get out in nature and enjoy the great outdoors as you take on 10k.

No matter the route you take, please ensure that you practise social distancing. The current government guidelines can be found [here](#).



Walk with us at **THE LONDON LEGAL WALK**
10xChallenge



Map data © Google 2020

London Legal Walk 10xChallenge Photo Competition

Deadline: 6pm Monday 12 October

We have six categories you can enter:

- Best view of the walk
- Best group photo
- Funniest photo
- Best animal photo
- Best creative 10xChallenge
- Best fancy dress

You can send your entries via:

- Our photo competition page on our website
- Email your entries to legalwalk@llst.org.uk

Great prizes to be won for each category so get snapping!

Please note: by entering a photo into this competition you are confirming that you have the rights to use this photo and are permitting LLST to use this photo on its website, and potentially in future publicity for the London Legal Walk or LLST's events in general. Your consent to this, and the consent of those pictured, is implied by submitting a photograph to this competition.

Please be mindful of the public by walking no more than two abreast on the pavement and ensuring you practise social distancing.



#legalwalk #10xChallenge
www.londonlegalsupporttrust.org.uk

Thank you for walking and fundraising – it means so much

Ways to get involved

Join our other events

The last event in this year's calendar is the [Great Legal Quiz](#) on Wednesday 25th November. Give your brain a stretch and organise a quiz at your workplace, local pub or virtually for this fab national event! We supply the questions and you feedback your scores and fundraising so we can crown the national champions for 2020.

Emergency Appeal

Frontline line agencies are struggling to keep their doors open in light of the COVID-19 pandemic and lockdown. London Legal Support Trust will be hosting an Emergency Appeal in late 2020 to help them compensate for lost income and increased need.

Regular donations

Direct donations are the most beneficial way to support LLST. Consider becoming a monthly donor to show your support.

Spread the word

Let your friends, family and colleagues know about London Legal Support Trust and the work we do.

Host a fundraiser

Host a fundraising event of your own to support LLST. It could be a pub (or virtual) quiz or a Facebook birthday fundraiser.

Who will be helped?



Women and children who have been trafficked to the UK to become domestic or sex slaves.



Families living in terrible housing conditions.



People who have been unfairly dismissed or who are discriminated against at work.



Men and women who are working for less than minimum wage.



Gaining care services and fighting discrimination and exploitation.



Elderly people who need support to stay living independently.

Make a one-off donation with Text to Donate

Text
10XCHALLENGE
to 70480 to donate £10

Texts cost £10 plus one standard rate message

Official media partner



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The London Legal Support Trust
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40 Alexandra Road, Epsom,
Surrey KT17 4BT

Why do we walk?

Because we believe that everyone should have access to justice. In reality, not everyone does. Two-thirds of the UK population don't know how to get legal advice and 14 million people who live in poverty can't afford to pay for it. The COVID-19 pandemic has widened the justice gap further.

Legal advice charities are working tirelessly on the frontline to support individuals and families through this pandemic. Since the beginning of lockdown, agencies have reported a six-fold increase in requests for help as people face urgent issues around housing, employment, Universal Credit, debt, domestic violence and more. People need support to be able to access the justice they are entitled to: whether that is advice about being furloughed, support to challenge an unlawful eviction, or guidance on how to resolve a debt issue. People like Sonia, a client of an advice centre we support:

"Sonia is a 22-year-old victim of trafficking. When she came to us for help, she was 34 weeks pregnant and had just been made homeless. She had been living with a friend in Barnet but the friend asked her to leave because of overcrowding and COVID-19 risks. As she had previously lost a baby, she had specialist perinatal care in Barnet and needed to stay near the hospital. The council offered her emergency



accommodation over 1.5 hours away from the hospital by public transport in another borough. We assisted her in challenging this decision, and they provided her with safe accommodation 20 minutes from the hospital."

Around half of advice agencies nationwide face closure due to the pandemic and resulting loss of funding. A decade of funding cuts, particularly to legal aid, has already forced many centres to close. These surviving advice charities need our support to continue to be a lifeline for their communities.

Every year, the London Legal Walk supports over 100 legal advice services in London and the South East. This year, they need us more than ever. Please help us give everyone access to justice.

Please keep supporting us by signing up to make a regular donation:
<https://www.londonlegalsupporttrust.org.uk/get-involved/donations/>



Return, Restart, Recovery

Our return, restart, recovery campaign supports firms and solicitors to return to the office, restart the economy and drive the recovery after coronavirus.

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A
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to all the legal walkers!

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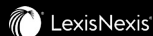
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LONDON LEGAL
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