

# Your guide to attending the London **Reclaiming Birth Rally** Sunday 7<sup>th</sup> March 2010

This guide is for anyone coming to the Reclaiming Birth Rally and provides specific information for those attending with young children or with anyone with mobility needs.

It is intended to make sure that anyone can take part in the event and join in the call to improve maternity services. It includes tips and advice on issues such as using public transport if travelling with young children or disabled people and details some of the facilities you may need along the march route and at the rally site in Whitehall Place.

## Timetable

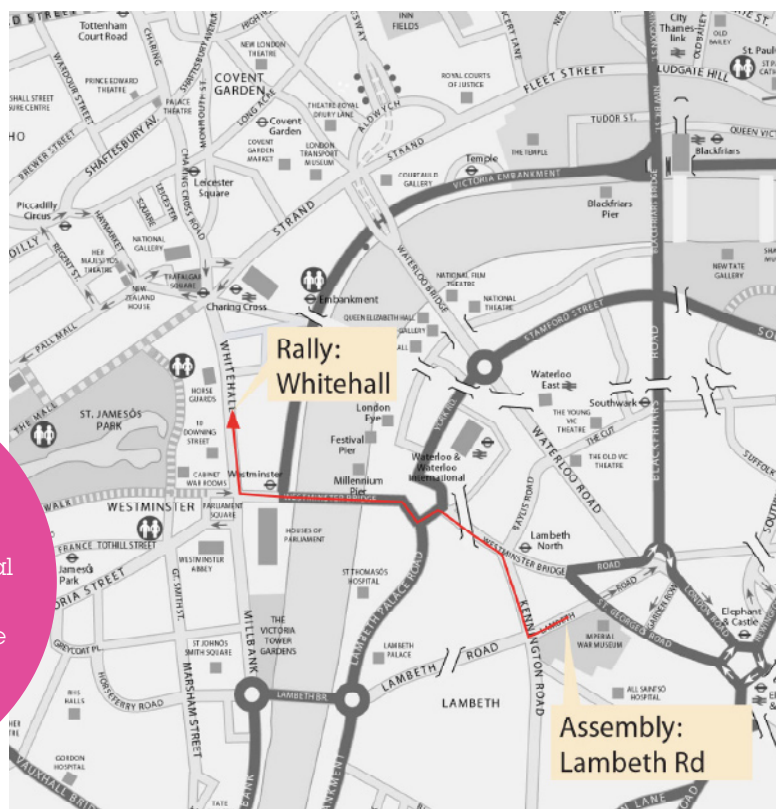
<b>1pm</b>	Assemble in Geraldine Mary Harmsworth Park, Lambeth Road, London SE1 4EQ You will be stewarded into groups to march along route, The march will take a route from the Park to Whitehall via Westminster Bridge.
<b>1.30pm</b>	Leave the park and march along route in stewarded groups
<b>2.15pm</b>	First groups should start to arrive in Whitehall
<b>2.20pm</b>	Rally including speeches
<b>2.45pm</b>	Rally Ends

## The March

The march from Geraldine Mary Harmsworth Park to Whitehall will be approximately a mile and a half through central London streets. The route should take approximately 45 minutes to march along.

## The Rally

At the end of the march, we will arrive in Whitehall outside the Department of Health where there will be a range of activities and speeches lasting up to 30 minutes. There are no childcare facilities provided at the event and all children must be accompanied by an adult.



**IF YOU NEED HELP  
Ask a Steward**

The event will have official stewards for safety

They will be recognisable as they will be wearing hi-vis tabards.

## Toilets and Family Facilities

### At Geraldine Mary Harmsworth Park

There are toilets located at the cafe. The children's playground is suitable for 12 and under. There are picnic tables on both sides of the park, and by the cafe. Other features include a small copse, a family orchard, a world garden and an Ice Age Tree trail.

### Along The Route

There are free public toilets next to Embankment Station at Victoria Embankment Gardens, London WC2. These facilities include a babychange area and a standard accessible toilet. For more information on public toilets along or near the march route visit [www.westminster.gov.uk/maps/index.cfm?LayerID=39](http://www.westminster.gov.uk/maps/index.cfm?LayerID=39)

For anyone who requires a changing places toilet there is one at Victoria Embankment Gardens, London WC2. For a map see [www.changing-places.org/cp\\_toilets/westminster\\_embankment.asp](http://www.changing-places.org/cp_toilets/westminster_embankment.asp) and another in the Tate Modern, Bankside, London, SE1 9TG. For a map see [www.changing-places.org/cp\\_toilets/tate\\_modern.asp](http://www.changing-places.org/cp_toilets/tate_modern.asp)

### Near The Rally site

Nearest public toilets are situated on the west side of Trafalgar square at the base of the central staircase. From the north terrace, the toilets and can be accessed by lift.

The nearest alternative free toilets are at Victoria Embankment Gardens.

There is also a changing places toilet at Victoria Embankment Gardens, London WC2. For a map see: [www.changing-places.org/cp\\_toilets/westminster\\_embankment.asp](http://www.changing-places.org/cp_toilets/westminster_embankment.asp)

The nearest pay toilets are at Leicester Square and Westminster underground station. For more information on public toilets near Trafalgar Square visit [www.westminster.gov.uk/maps/index.cfm?LayerID=39](http://www.westminster.gov.uk/maps/index.cfm?LayerID=39)

## Food and drink

The Café on the Square in Trafalgar Square offers a range of food and drinks. It is at the bottom of the central staircase, to the right as you face the National Gallery. The café is wheelchair accessible, and has an induction loop. From the north terrace, the café can be accessed by lift.

## Safety and Security

The event will have official stewards for safety and security at the rally. They will be easily recognisable as they will be wearing hi-visibility tabards.

## Getting There

For information on accessibility, step-free access and services and facilities for disabled travellers and those travelling with young children download a free copy of:

“Getting around London: Your guide to accessibility” at

[www.tfl.gov.uk/assets/downloads/Getting\\_around\\_London.pdf](http://www.tfl.gov.uk/assets/downloads/Getting_around_London.pdf)

This guide includes information on accessibility and facilities including toilets and babychange facilities for tube, bus and Docklands Light Railway services.

## By Train

There are a number of websites where you can plan your journey by rail including [www.nationalrail.co.uk](http://www.nationalrail.co.uk) who also provide the following phone numbers:

Telephone enquiries..... 08457 48 49 50

Textphone .....0845 60 50 600

Welsh language ..... 0845 60 40 500

Or you could call your regional train operating company. You can find out who they are here:

[www.nationalrail.co.uk/tocs\\_maps/tocs](http://www.nationalrail.co.uk/tocs_maps/tocs)

Or visit your local station to find out more and book tickets.

For information on family facilities within the station you are using (babychange and babyfeeding rooms, parent and child toilets etc.) Please visit [www.nationalrail.co.uk/stations\\_destinations/](http://www.nationalrail.co.uk/stations_destinations/) Enter the station you wish to use and then select station facilities.

For information on accessibility of stations visit

[www.nationalrail.co.uk/stations\\_destinations/](http://www.nationalrail.co.uk/stations_destinations/)

Enter the station you wish to use and then select accessibility.

If you intend to use the London Underground to complete your journey please visit [www.tfl.gov.uk](http://www.tfl.gov.uk) to plan the route from the train station to the start of the march at Geraldine Mary Harmsworth Park SE1 4EQ and to check for any engineering works or disruptions to the service.

## Things to bring:

A small amount of money

Your travel passes

A bag for litter

An umbrella/raincoat and raincovers for buggies

Your own food and drink

**...don't forget  
to bring your banners!**

## By Bus

If you would prefer to use buses within the London area, visit [www.tfl.gov.uk](http://www.tfl.gov.uk) to search for bus routes to and from your departure point to SE1 4EQ

## On Foot from Underground stations

You can also use [www.tfl.gov.uk](http://www.tfl.gov.uk) to search for walking options which will provide you with a map and marked route from your departure point to the start of the March, or you could try [www.walkit.com](http://www.walkit.com)

## By Car

We would not encourage you to travel by car into the centre of London if it is avoidable, but if you really have to then please check [www.transportdirect.info](http://www.transportdirect.info) for the quickest route and nearest car parks.

Please visit

[www.westminster.gov.uk/carparks/disabledparking.cfm](http://www.westminster.gov.uk/carparks/disabledparking.cfm)

to view disabled parking in the vicinity of Millbank and Trafalgar Square.

**Litter - The organisers would kindly ask you to take your litter and recycling home with you.**

# Key Things to Remember...

Please help us by following advice from event stewards, police and emergency services.



Do not let a minority tarnish the event. Tell police or stewards if you see suspicious or unacceptable behaviour.



If you take medication, make sure you bring sufficient supplies for your needs on the day. If you happen to forget or lose your medication, seek advice from our first aid team or speak to a steward.



Dress appropriately. Wear sensible footwear and clothing; bring water and snacks; be prepared for all weathers.



If you are bringing children, keep a close eye on them at all times. Make sure they carry your mobile number.



Keep valuables secure - don't let a thief spoil your day.



Do not bring pets, as large crowds can be distressing for animals.



Please **do not** bring alcohol.



Try to travel light, as you will have to keep your belongings with you at all times during the event.

