National Autistic Society



LIGHT the WAY

and walk 5k in November

in your space, in your time

Your information and FAQ Guide

Thank you for signing up to LIGHT the WAY

and Walk 5k in November

November 2026

Thank you for joining Team Autism for the very first **Light the Way and walk 5k in November**. You'll find everything you need in this handy pack to plan your day, step forward and Light the Way with the autistic community!

Light the Way to tackle misinformation for *Truth. It matters.*

Light the Way for better mental health support for autistic people.

Light the Way to make schools a more accessible environment.

Light the Way to make the workplace more autism inclusive.

Light the Way to allow us to keep our Online Community thriving and secure.

Be sure to share your amazing lanterns before the event and tag your posts with **#LightTheWay**

Thank you for everything you do to help make a society that works for autistic people!

Warm wishes,

The Fundraising team

The National Autistic Society

Fundraising@nas.org.uk



Event details

What you need to know

When

Take part on any day in November.

Time

Any time that suits you best. We'd recommend around **4pm**, as the sun will be getting lower to show off your lanterns at their best!

Plan your route

Decide where to walk, how far and plot your route – we encourage everyone to give 5k a go, even if you don't do it all in one day, but please choose a distance that works for you. Knowing your route ahead of time can help you feel more confident and plan your preferred distance. Choose somewhere familiar or somewhere you'd love to explore.

Make the walk fun for everyone

Planning little activities or games for your walk can add some additional fun to your chosen walk. If you have younger ones walking with you, you can distract and encourage them with songs and games to keep them going. Don't forget the snacks!

Stay safe

Choose a time and place that you are comfortable walking around and let someone know that you are going for a walk. We recommend that anyone under 18 walks with a friend or family member. Make sure you wear bright or reflective clothing, and you can bring a torch or headtorch as well if it gets too dark.

Frequently asked questions

What if I can't do 5k?

That is completely fine. Light the Way Walk 5k is all about lighting the way for the autistic community. We're grateful for you signing up to the challenge and raising vital funds, you can always adapt the distance to suit you best.

How do I join the Facebook group?

You can share your updates and lantern designs ahead of the day by joining our Facebook group. **Take me to the Facebook group.**

What should I light up my lantern with?

Please use an LED tealight when lighting up your lantern. You can purchase an LED tealight when you sign up for the event for a small fee or use one from home. **Under no circumstances must fire be used with our lantern kits or any homemade lanterns.**

What should I make my lantern out of?

You can purchase a lantern-making kit directly from us or create your own. If you're looking to create one yourself, you can use many different materials to make your lantern, such as:

- clean milk bottles
- cardboard
- paper
- plastic bottles.

Please do not use glass – glass can break and cause injury, so it is not safe to use for making lanterns.

What should I do with my lantern after the event?

Please do not release your lantern into the sky or any body of water, as this can be really dangerous to wildlife and the environment.

We'd love for you to keep your lanterns as a memento of taking part of Light the Way. The purchased lantern kits can be recycled at home.

What happens if I can't reach the minimum fundraising target?

Our team are on hand to help with any fundraising questions you may have. All we can ask is that you try your very best to reach the suggested target to support autistic people and their families.

How old do I have to be?

All ages are welcome, but children must always be accompanied by an adult.

Can we fundraise as a team?

Of course! After you have registered, you can follow the instructions for **how to create a team page on JustGiving**.

How do I locate or make changes to my existing booking?

Please look for your confirmation email, which will be sent to you once you sign up. From this email, you can adjust your booking and create your JustGiving page, if you haven't already done so already. You can also purchase additional tickets at any time in the run-up to the event and during November, but don't sign up too late to give yourself the time you need.

I have other questions, who do I ask?

Please take a look at our full **Light the Way FAQs**. If you have any other questions you want us to answer, please contact our wonderful Fundraising team, who will be happy to help, at **fundraising@nas.org.uk** or by phone on **0808 800 1050**.

Fundraising

Top tips and more

JustGiving

We have partnered with JustGiving to make your fundraising as easy as possible. When you register, you will complete your first step to generate a link to your fundraising page, created especially for you to personalise and share. This link will be sent to you by email after you sign up.

Top tips for reaching your fundraising target:



Personalise your JustGiving page - upload a photo, share your story and use the updates. If people understand why you are doing this, they'll feel more inspired to donate.

Tell your supporters what their donations could do - our impact statistics below show how this important campaign makes a difference to autistic people and their families:

£10 could help an autistic person overcome isolation, thanks to our network of branches and social groups.

£15 could help provide a safe virtual space for an autistic person through our online community.

£50 could help fight misinformation and raise awareness by promoting the lived experiences of autistic people where it matters most.

£150 could help autistic young people thrive in school by funding our campaigning work for better autism training in education.

Reach out to your own or your team's network - at school, work and in your community, share your plans and ask for support.

How to pay in your fundraising

Once you have collected all of your amazing funds, you can donate the total through any of the following ways. **Please ensure you give us your name and reference code**, which will be in your welcome email.

Your JustGiving fundraising page

If you have set up a JustGiving page all the funds will automatically come through to us - you don't need to do anything extra. You can also set your page to run until the end of November too.

Donate online

If you want to send us your total as an online donation, please deposit all your collected funds into a bank account and **donate on our website**. Use the **'Pay in funds'** option when you make a donation, and please provide your full name and reference code.

Donate by post

Your friends and family may give you cash or cheques. You will need to deposit the total funds into one bank account and send one cheque at the end of your fundraising, payable to The National Autistic Society. Please provide your full name and reference code with the cheque and send this to The National Autistic Society, Weston House, 42 Curtain Road, London, EC2A 3NH. **Please do not send cash through the post.**

Donate by bank transfer

Please use the following details to complete a bank transfer of your total raised funds.
Account name: The National Autistic Society
Sort code: 20-00-00
Account Number: 70800996
Reference: [use your personal reference code provided in your welcome email].

Donate at a Barclays bank

You can email **fundraising@nas.org.uk** to request a paying in slip, which you can use to pay your total funds in at any Barclays banks, even if you don't usually bank with Barclays. Please provide your full name and reference code on your paying in slip.