





# TUC Top ten tips for marchers

Tell everyone about it! Bring along your family, friends and colleagues to share the day. Having good company along always makes for a fun day out, and spreading the word will really boost the size of the march. How many people can you bring with you?

Wear comfortable shoes. The march to Hyde Park is nearly three miles long – and if it's been raining, Hyde Park can get very muddy – so wear flat shoes, trainers or boots.

**Be prepared for the weather.** It will be a long day and March weather can be unpredictable. You might need a coat, jumper, hat, gloves, umbrella – or even sunscreen and sunglasses! If you are a public servant and normally wear a uniform wear that on the day, if you can.

**Keep hydrated.** You might not always be near a shop or newsagents, so bring a bottle of water and other soft drinks to keep you refreshed. Cafes and kiosks in Hyde Park will be open as usual but with thousands expected to attend, it may be some time before you see the Park gates.

**Don't go hungry.** Bring a packed lunch and snacks as the march and rally take place over lunch time – and if you're marching near towards the back, it may be nearer tea time before you get to the rally.

**Bring a rucksack.** A rucksack or a bag you can wear across your body are useful for carrying things easily – and leave your hands free for flags! Don't forget to pack any inhalers or medicine you usually take.

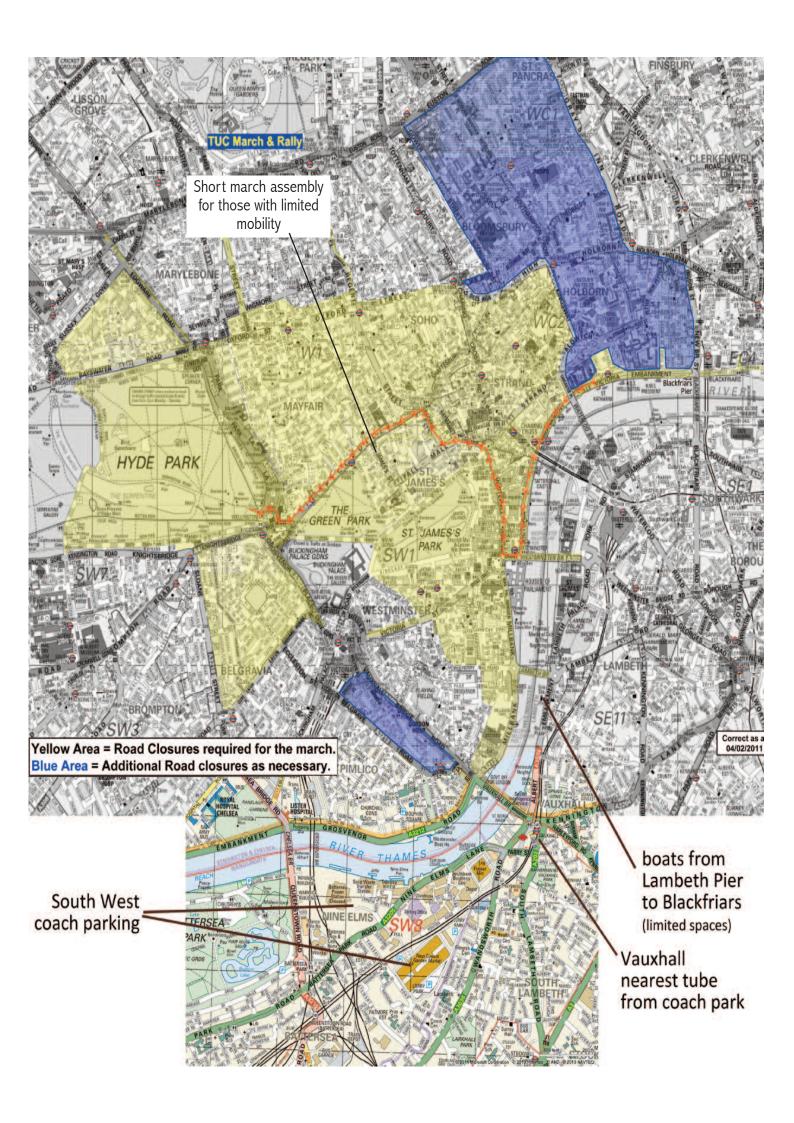
**Enjoy the sights.** The march route will take you from the Embankment, up Whitehall and past Trafalgar Square, along Piccadilly and into Hyde Park. It's an opportunity to see London in a different way without the traffic. Don't worry about getting lost if you don't know London. It'll be very obvious where the march is going, and there will be stewards every few hundred metres to help out.

**Share the moment.** If you have a camera, why not take some pictures of the day that you can send to your local paper? If you've a smartphone, why not share pictures and updates online as it happens? Twitter users can follow @March26March, and there's even a special phone App for the march, that you can get from the march website www.marchforthealternative.org.uk

**Look after other people.** Treat everyone with respect and look out for anyone who needs help or assistance on the way round. If you want to help others even more, volunteer to be a steward.

**10** Arrive on time and know your way home. Be patient – with more than 100,000 marchers the march will be leaving the assembly point from 12noon to well after 2 pm and possibly later. Check your route back to underground stations from Hyde Park. Ask the police or march stewards if you're unsure.

And ... make sure your mobile phone is fully charged



# Arriving in London from the South West

# Pedestrian Route from New Covent Garden Market

This route requires you to cross only one road, at the start.

There are two wholesale markets in Nine Elms, the vegetable market and the flower market. The coaches will park inside the market lorry parks, and you walk out onto Nine Elms Lane. Cross Nine Elms Lane at the pedestrian traffic lights and turn right on the Riverside Walk. You will be walking east, down river towards Westminster and the City. After five minutes or so, a construction site on the river will require you to veer back onto the pavement along the road, but keep on in the same direction.

For those dropping off at Battersea Power Station, leave the coach park and turn left/east on Nine Elms Lane and follow this on the river side of the road until you see the vehicle entrance to the Vegetable Market on the other side of the road. This is around ten minutes walk.

The pavement narrows for around 20 yards as you pass the construction site on the land side, but as there is a cycle lane, traffic is well clear of pedestrians. After ten minutes you walk along pavement with another large development between you and the river. There are pathways between shops leading back to the riverside, marked with fingerposts saying 'Riverside Walk'. Go back to the riverside and turn right to carry on in the same direction.

#### **Tube**

If you don't turn off the road back to the river here but carry straight on, after 15 minutes you will reach a large road junction at Vauxhall Bridge and the entrance to Vauxhall tube station (Victoria Line). Blackfriars and Temple stations will be closed so good tube stations to aim for will be Waterloo, Holborn and Embankment.

# Carry on walking

If you get to this point, turn left as if you were going to cross the bridge then after 100 yards, turn left down a ramp back to the riverside, then go right on a footpath that goes under Vauxhall Bridge.

On the other side of the Bridge keep following the Riverside Walk – you will be passing the MI6 headquarters and almost certainly being filmed! The walk loops round a boat launch ramp down into the river and carries on. In front of you the Houses of Parliament and Big Ben comes into view. After 20 minutes you will be just about opposite Millbank Tower across the river.

#### **Boats from Lambeth Pier**



After about 25 minutes the footpath goes under Lambeth Bridge and just a few yards past is Lambeth Pier, directly opposite Lambeth Palace, the Archbishop of Canterbury's pad. Lambeth Pier has a small café for refreshments while you wait for the boat.

We have booked four boats to shuttle between Lambeth and Blackfriars. At peak times the boats may not cope with the demand and you may be best to keep walking.

#### Walk to the March

For those not catching a boat, another 7 or 8 minutes walk along the riverside brings you to Westminster Bridge. It might be best to carry on to Hungerford Bridge, the next bridge along. The front of the march will be formed up on the other (north) side of the river but Hungerford is a rail bridge with pedestrian footways. It will be very crowded and has steep steps at both sides. There are lifts but these are likely to be a bottleneck. In reality the easiest way to join the march will be to keep going to one more bridge, past the Royal Festival Hall, to Waterloo Bridge, and cross there.

#### Coming back

If at the end of the march you head for the Green Park tube to get the Victoria Line back to Vauxhall, make sure you leave Vauxhall tube station at the exit marked New Covent Garden Market. Otherwise you will find yourself on the wrong side of a five lane road and it takes an age to work your way back across using pedestrian traffic lights.





#### Form-up

When you get to the assembly point at the Embankment or get off the boat at Blackfriars you will be directed to the march form-up by stewards. There will be sections marked where unions can raise their national banners and set up any marching bands they have booked.

Signs will be on lamp posts to show the different union zones but the march looks set to be far too big to squeeze everyone into different union zones and when they are full people will be advised to join the rear of the march.

It is likely that you will want to stay with the people you came with so find a space where you can.

## Be patient

When the march starts you may not notice and you may have quite a wait until you start moving. Please be patient.

#### March

The march will set off at 12 noon. The route is about 2.5 miles so will take more than an hour. The route stewards are there to help keep it moving. The more crowded the march becomes the slower it will move. There are good public toilets in Trafalgar Square along the route.

#### **Stewards**

The will be plenty of stewards in high-viz jackets to help. You may have come with some on the coach or be one yourself. Their main job is to help keep the procession moving and be there to call for help if there is a need for first aid or a lost child.

#### First aid

Please report any injuries to a Senior Steward immediately, They will have pink high-viz jackets on. Do not undertake first aid unless you are qualified and have the right materials. In an emergency dial 999.

# Rally in Hyde Park

The Rally will run from 1.30 to about 4.30 pm and be staggered so that everyone will be able to hear some of the speakers and see some of the short films on giant screens. There will be refreshment facilities and extra toilets.

The TUC has worked hard to make the March for the Alternative as accessible as is practical.

#### **Static Demonstration Point**

A static demonstration will take place near the Hyde Park entrance for people in wheelchairs and with disabilities who wish to join the protest. There are accessible toilets nearby. There is limited vehicle access and the whole area will be heavily congested. Requests for such access need to be made in advance.

# **Embankment assembly point**

There will be a special assembly point in Savoy Street at the start of the March for people in wheelchairs and with disabilities who wish to join in a group. There are accessible toilets nearby. This will join in towards the front of the march. Many people with disabilities will want to join their union or other groups in the rest of the march.

There will be major road closures throughout central London all day. Roads at the assembly point will be closed from around 9am. However it will be possible to drop off on Savoy Hill (off Savoy Street WC2) until 11.30am. Requests for such access need to be made in advance.

## Short march assembly point

For those who wish to join the march for a shorter distance there is a short march assembly point in St James Street (off Piccadilly). There are accessible toilets nearby. This will allow people to join the march for the final stretch.

People must be formed up and ready to go by 12.45pm. If you are being dropped off in a vehicle, roads to the south of Piccadilly will be closed from 11am. Later drop offs can be arranged until 12pm on the other side of Piccadilly. Requests for such access need to be made in advance.

# Other arrangements

If you've other questions about disability access arrangements for the march and rally, the previous accessibility update has more information that may be helpful to you, or get in touch.

