



Support your local team... Recycle for Katharine House Hospice

Katharine House Hospice provides free care and support for adults and their families across Mid-Staffordshire coping with a progressive illness. It relies upon the generosity of the local community to help generate 75% of funds needed to run its range of vital services

Your donated items can make a difference

Every bag of quality used clothes, shoes, books, handbags, household goods etc you donate to our shops could provide 3 hours of nursing care

Shops across Mid Staffordshire or visit..

Katharine House Recycling Centre, St. Albans road, Common road industrial Estate, Stafford ST16 3DR

www.khhospice.org.uk tel:01785 254645

WE ALWAYS NEED QUALITY ITEMS WE CAN RE-SELL IN OUR SHOPS

Furniture and larger items always required



fill a bag...

...just 1 bag = 3 hours of nursing care

Call us now on

**01785 814823 to find the location
of your local shop or to arrange
collection of larger items.**

or to arrange collection

Katharine House Hospice, Weston Road, Stafford. ST16 3SB

T-01785 254645 F-01785 247803 W-www.khhospice.org.uk

E-fundraising@khhospice.org.uk

Reg. Charity No.—1011712



putting you
in the picture

skydive
for Katharine House Hospice



Dear

The sky's the limit

Thank you for enquiring into taking part in a parachute jump on behalf of Katharine House Hospice.

We have teamed up with a local airfield to make everything extremely simple and to ensure that more of your hard-earned sponsor money comes back to the Hospice to continue to care for our patients and their families.

Katharine House Hospice in Stafford is a registered charity which provides care and support for people coping with the challenges of living with a progressive illness. We also provide support for their families and carers too. We rely on the generosity of local people to help us raise the majority of £2.5 million it costs us every year to keep the Hospice running.

We sincerely hope that after you have read through the enclosed information you will consider supporting us by taking part in this amazing experience. As you will see by raising the minimum sponsorship of £500 at least £270 will come straight to the Hospice.

Good luck with raising your sponsorship and we thank you for your support. If I can be of any assistance please do not hesitate to contact me.

Best wishes

Amy Johnson



If you have access to the internet this is quite simply the easiest way to raise sponsorship.

They're just like paper sponsorship forms used to be, except they're online, so they don't get all tatty round the edges! Instead of traipsing round your office asking people to donate cash, you simply create a fundraising page, email it out, and your supporters donate online.

More than 3 million people have used justgiving.com to donate or raise funds. Over 300,000 fundraising pages have been created, raising an average of £534 each. The average individual donation through justgiving is £30. Justgiving have recently changed the look of their website.

But don't take our word for it, try it yourself. The service provided is 100% secure and can be accessed at justgiving.com. Creating your fundraising page should take around 5 minutes — that's it!

Don't forget to...

giftaid it

Are your sponsors UK taxpayers? If so, you will be able to increase the amount you raise for Katharine House Hospice. Every £1 you collect in sponsorship could be worth £1.28*, helping to fund care for our patients and their families. Please make sure your supporters fill out their full name and HOME address including postcode and tick the Gift Aid box on the sponsor form. Thank you.

*Charities can claim Gift Aid tax relief of 25p on every £1 you give. HMRC will also be operating transitional provisions for Gift Aid donations made from 6 April 2008 until 5 April 2011, paying a Government supplement of 3p on every £1 you give – equating to 28p for Katharine House Hospice.

Top fundraising tips

- Aim high! Try to raise as much money as you can. Stay focused on your target amount and remember the more you raise the more people we can support.
- **Set up your own personalised sponsorship page on www.justgiving.com and email all your contacts the link. Follow the link from our website for step by step instructions on how to do it.**
- Carry your sponsor form with you at all times! Ask everyone you meet for sponsorship.
- Carry the Hospice newsletter with you so you can show potential sponsors how their money will make a difference.
- Be creative. There are many different ways of gaining sponsorship – why not have an open house and ask all your guests to sponsor you/make a donation
- Enlist support. Ask friends, family, colleagues and your employer to sponsor you.
- Encourage your sponsors to Gift Aid their donation. By completing the gift aid declaration your supporters' donation will be increased by 25%.
- Does your employer operate a matched giving scheme? It's worth finding out as this will really boost your efforts.
- Work together to plan events and activities as this will combine your efforts and help you to raise more.

Don't forget – it's also supposed to be fun!

Enjoy your jump

TANDEM SKYDIVE FOR KATHARINE HOUSE HOSPICE

A Tandem Skydive in aid of Katharine House Hospice is the ultimate thrill. The aircraft will "run in" over the airfield at around 10,000' when the door will open. You will move to the door securely attached to your highly qualified Instructor and jump into the air! After freefalling to 5,000' your Instructor will open the parachute and you can help him (if you wish) steer the parachute down to a gentle landing on the "dropzone"

The Tandem Skydive is the easiest and most hassle free way to make your first jump, you experience the thrill of freefall and enjoy a ram-air canopy ride, just like the professionals. A Tandem Skydive is done in a dual harness so you are securely attached to an experienced Tandem Instructor who will give you a taste of what skydiving is all about. Because the Tandem Instructor takes control of vital functions such as opening the Tandem Parachute and landing, your briefing for the jump just takes 30 minutes so you can relax and enjoy the Tandem. You will exit from the aircraft from around 10,000 feet, experiencing 30 seconds of freefall, the "ultimate high".

HOW DO I QUALIFY FOR A FREE JUMP?

The minimum sponsorship is £500 of which at least £270 will come directly to the Hospice. In return you will get your jump for completely free. Anything raised above the minimum will come straight to the Hospice. Use the Sponsorship Form in this pack. You will find that the minimum amount can be raised quite easily if you approach enough friends and colleagues so don't be put off!

HOW DO I BOOK?

- Read the terms and conditions overleaf
- A payment of £50 is needed upon booking and can be made by cash or credit / debit card
- The airfield will require the remaining £180 on the day of your jump again either by cheque (accompanied by a cheque guarantee card) or credit / debit card.
- At Katharine House we ask that we receive the remaining amount of sponsorship £270 months after the event. This will pay for 1 patients care for 24 hours and it is vital that we receive this money.

Terms and Conditions

Please review our Terms and Conditions before booking your jump. If you make a booking with The Parachute Centre, either directly or through an agent, you will be deemed to have accepted these terms and conditions. If you are unsure or have any questions, please contact us before making your booking.

All persons attending the RAPS Static Line Course or making a Tandem Skydive are required to purchase Provisional Membership of the British Parachute Association (BPA), valid for twelve months. The cost is included in our prices. Should the cost of membership change, any increase will be charged to the customer. Membership of the BPA includes Third Party Liability insurance up to the value of £2,000,000. Once purchased, membership of the BPA is non-refundable and non-transferable.

The BPA insurance is for Third Party Liability and provides no cover for personal injury or death. Personal accident insurance can be arranged by The Parachute Centre and we recommend that you are adequately covered.

A non-refundable deposit of £50 is required when you book your place. An administration fee of £50 will be charged if you change the date of your booking with less than seven days notice except in the case of bad weather or operational issues at The Parachute Centre.

The balance due to The Parachute Centre can be paid at any time up to and including the day of the booking. Once paid, all monies are non-refundable. If the activity is not able to take place due to weather or operational issues, it will be up to you to return to The Parachute Centre on another occasion(s) to complete your jump.

You understand that, despite the best training and equipment, parachuting in any form holds an element of risk and may result in serious injury or death. You voluntarily accept all risks inherent in the sport and agree for yourself and your personal representatives to indemnify and hold harmless The Parachute Centre Ltd. and their representatives against any claim or claims whether on your own account or from third parties arising out of any accident or incident resulting in any loss or damage including bodily injury or death. If you cannot accept the risks you should not participate.

If you arrive at the Centre without all necessary documentation, you may forfeit your activity and all monies paid. If you are unsure about the paperwork required, please contact us.

Parachutists need a reasonably high standard of physical fitness and must not be overweight in relation to their sex, age and height. Please note that the minimum age for parachuting is 16 and the **maximum age is 55** for RAPS. Anyone under 18 must have the written consent of a parent or guardian. **The upper age limit for Tandem Skydivers is 70.** Anyone aged 40 or over, including Tandem Skydivers, and anyone suffering or who has suffered from the following conditions, must have a Parachute Medical Certificate signed by a doctor.

Epilepsy, fits, severe head injury, recurrent blackouts or giddiness, disease of the brain or nervous system, high blood pressure, heart or lung disease, recurrent weakness or dislocation of any limb, diabetes, mental illness, drug or alcohol addiction, previous fractures, back strain, arthritis and severe joint sprains, chronic bronchitis, asthma, rheumatic fever, pneumothorax, liver or kidney disease, thyroid, adrenal or other glandular disorder, chronic ear or sinus disease. Any condition which requires the regular use of drugs. Anaemia. Recent blood donation.

If any of these conditions apply to you or a member of your group, please phone the Centre and we will forward the necessary forms. We must have the completed consent/medical prior to commencing the RAPS Training Course or Tandem Skydive. Please bring it with you on the day as it may get lost in the post. Please study the enclosed height/weight chart as persons who are very unfit or overweight relative to their height will not be accepted for training. **The MAXIMUM weight is 14.5 stones (92 kg.) for RAPS and 15 stones (95 kg.) for Tandem Skydives.** Please refer to the Parachute Centre Weight for Height Chart. **The final decision as to the suitability of any person to jump will be made by the Instructor and The Parachute Centre. If you have any queries regarding the age and fitness requirements, please contact the Centre.**

Directions

The Parachute Centre is situated at Tilstock Airfield next to "Prees Higher Heath" which is just off the A41 three miles south of Whitchurch. The turning is signposted on the main road.

If you have any difficulty in finding the airfield please do not hesitate to call us for directions on 01948 841111

