



maggie's centre
cancer caring centre

Maggie's North East
Newcastle Centre for Cancer
Treatment
General Hospital
Westgate Road,
Newcastle upon Tyne

Tel: 0191 5438036



PARACHUTE JUMP FOR FREE AND HELP US BUILD MAGGIE'S NORTH EAST!

Thousands of people in the North-East are facing their own personal challenge of living with cancer and by raising the sponsorship for your parachute jump, you will be helping them to live fulfilling lives in spite of being affected by cancer.

We have made everything as easy as possible for your parachute jump and the enclosed pack will tell you everything you need to know.

All you need to do is raise the minimum sponsorship. Once your family and friends hear about the challenge you are taking on, they are sure to be very generous!

Every extra pound you raise over the minimum cost will help the campaign to build our Maggie's Centre here in the North East, so please try to raise as much as you possibly can! Each £ raised will be published on the Evening Chronicle Roll of Honour

Good luck with fundraising your sponsorship and keep in touch The Evening Chronicle readership will be keen to know all about your adventure. Remember, by raising funds for Maggie's you will be helping thousands of people in the North-East who face their own personal challenge now and in the future.

Good luck,

Denise

Maggie's North-East

P.S. Everyone who raises over £750 will win a fabulous iPod Shuffle, and our top fundraiser will win a skiing holiday for 2 to Verbier*! (*subject to terms and conditions)

Maggie's Cancer Caring Centres

Maggie's Centres are for anybody who has, or who has had cancer. They are also for their families, their friends and carers because their lives are also affected when a loved one is diagnosed with cancer. They were the vision of Maggie Keswick Jencks. Maggie recognised the difficulties of accessing information and ongoing support which would have helped her to cope when she faced her own diagnosis of cancer.

The aim of Maggie's Centres is to help people with cancer to be as healthy in mind and body as possible, enabling them to make their own contribution to their medical treatment and recovery. The Centres allow people to address all aspects of living with cancer ... they are friendly, homely places where people can feel comfortable and can share their experiences with others in a similar situation. With professional help, they can inform themselves about the medical realities of their disease. No appointment is necessary, all support and services are free of charge and people are encouraged to call in whenever they wish. The people who work in our Centres are professionals with oncology and psychology training.

Each person's needs to cope with their cancer will be different, varying from wanting help with information about their diagnosis and treatment, nutritional information, a professional to talk to and help them make sense of their feelings and anxieties, learning stress reducing techniques (especially important during treatment), someone to talk and help them sort out their financial situation or just a quiet place to have a cup of tea!

The first Maggie's Centre was opened in 1996 at the Western General Hospital, Edinburgh. We are looking forward to building and opening our Maggie's Centre in the North East.

“We believe passionately that our community deserves the very best healthcare we can provide and we appeal to you to support us in our campaign to build Maggie's North East”

Dr Tony Branson (Clinical Director Northern Centre for Cancer Care)

FUNDRAISING TIPS AND IDEAS

If you have never raised much money for charity before you may be feeling a little nervous about reaching your target – **don't be!** We've put together some handy tips for you on how to raise as much money as possible and remember, the more money you raise, the more you will be helping people affected by cancer in your area.

Getting started

- Think of everyone you know who could possibly sponsor you – friends, family, colleagues, neighbours, local shop keepers and even people down the pub!
- Ask your family and friends to help you by taking sponsorship forms into their own places of work/ gyms/ pubs etc
- Some companies will give £1 from every £1 their employees raise for charity. Find out if your company does this and ask them to support your efforts.
- Ask your supporters if they could pay upfront, perhaps by post-dated cheque – this saves you having to go round twice.

Top Tips for getting lots of sponsorship

- Be positive. If people see how keen & committed you are to supporting Maggie's the more likely they will be to support you.
- Tell people all about Maggie's. The enclosed sheet gives an outline of what we do.
- Start your fundraising in good time and ask your most generous friends to sponsor you first – it sets the tone for everyone who follows.
- Never be without your sponsorship form & make sure as many people as possible tick the Gift Aid box (NB we need their first name, house number, post code & date of donation to make the claim i.e. we can't claim if they put down a c/o address or don't give their first name.)
- Don't stop at your target. Keep going!

An example of how you might raise £750 for Maggie's:

| | |
|--|----------------|
| Ask 5 family members sponsor you for £10 | £ 50 |
| Ask 20 friends to sponsor you for £5 | £100 |
| Ask 10 business clients or supporters to sponsor you for £20 | £200 |
| Organise a raffle in work (ask people to donate prizes then buy tickets!) | £100 |
| Organise a Quiz Night at your local pub (charge £10 per team to enter, 4 x £5 bottles of wine as prize) (hold it on a quiet night & ask the manager to donate 15% of bar takings!) | £ 200 |
| Sell 10 unwanted items on eBay at £10 each (ask your family & friends to donate & don't forget to flag up that you're selling them for Maggie's) | <u>£100</u> |
| TOTAL | £750!!! |

Other fundraising ideas:

Ask 100 people for £1 • BBQ (charge for food) • Dress-down day • Car Boot Sale • Working Lunch – colleagues bring in sandwiches & donate what they would have spent buying them • Car wash • Guess the teddy-bear's birthday • Bonus Ball lottery • Treasure Hunt • Coffee Morning

For further fundraising support please call Fiona or Denise on 0800 047 0416.

Don't forget, everyone who raises £750 or more will win an iPod Shuffle and our top fundraiser will win a week's skiing holiday for 2 to Verbier, Switzerland*!

10,000 ft Freefall Parachute Jump!

What's it like?

Imagine standing at the edge of an open doorway in an aircraft flying at 10,000 feet - the noise of the engines and the wind ringing in your ears with only the outline of distant fields below. Now imagine leaning forward out of that doorway and letting go - falling forward into the clouds, diving down through the air as you start freefalling at over 120mph! Then imagine the peace and quiet as the canopy opens, the steering toggles come down either side of you and you begin a tranquil parachute descent from a mile up in the air, steering yourself back down to the centre of the drop zone below. Imagine being able to do this for FREE whilst harnessed to a professional freefall parachute instructor and at the same time being able to help a worthwhile charity! Stop imagining, it's real and it's happening all the time and you can be part of it...

What does the jump involve?

Technically the jump is called a 'Tandem Skydive'. It is a Skydive because you will be freefalling through the air (without the parachute deployed) for several thousand feet; it is in Tandem because you will be harnessed to a professional parachute instructor at all times throughout the descent (see front photo). This is the only way you can jump from such an altitude without spending thousands of pounds becoming a freefall parachutist. This is literally the chance of a lifetime!

This jump is also much less demanding than the traditional 'static line' jump as the jump and training are completed in one day and your instructor will be in control of your landing.

Points to remember:

- Jump and training completed in one day
- Harnessed to an experienced parachute instructor at all times
- Jump from at least 10,000 feet - just like the professionals
- Freefall down to 5,000 feet - falling through the air at 120 mph!
- Ride the parachute down to the ground - we teach you how to steer onto the drop zone
- Landing controlled by your instructor
- Certificate to prove that you have completed a 'two-mile high' Tandem Skydive!

What must I do to qualify for a free jump?

All you have to do is raise £395 (or more!) for Maggie's Centre by asking your friends and colleagues to sponsor you, using our specially designed sponsorship forms which you will find at the back of this information pack. Please do not be put off by this amount - if you ask everybody you know to sponsor you, you will find you can quite easily raise the minimum £395 sponsorship and remember, every penny you raise over the minimum will be further contributing to Maggie's Centre and giving **you** the chance to make an exhilarating freefall parachute jump for FREE!

What do I do next?

Read the pages entitled 'Important Information' and 'Paying Your Sponsorship Money' and then simply choose a date for your jump and complete the enclosed reservation form. After that all you have to do is make an exhilarating Tandem Skydive from 10,000 feet for FREE!

Experience the exhilaration of a 10,000ft Tandem Skydive!

Any questions, call

0870 345 8000

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Static Line Parachute Jump

What's involved?

Unlike a tandem jump you get to jump solo from up to 3,000 feet having had a full day's instruction from fully qualified instructors. What's more this is an ideal way to find out if you want to progress in the sport of parachuting and of course raise valuable funds for Maggie's Centre at the same time...

What does the jump involve?

This jump is called a static line jump because from the moment you step into the aircraft you will be securely attached to a 'static line' which is designed to automatically open your parachute for you as you exit the aircraft. The jump is in two parts: On the Saturday you will undergo a minimum of six hours training on all aspects of the jump - the equipment used, how to exit the aircraft, how to check your canopy, reserve drills and most importantly how to control your landing. On the Sunday you will perform the jump solo from up to 3,000 feet using a modern square parachute canopy which you can steer. If the weather prevents you from jumping your training is valid for at least two months giving you plenty of time to return to the centre to complete your jump. Completion of this training course is the first step to becoming a fully qualified skydiver and all students receive a British Parachute Association approved certificate.

Static Line Jump: Points to remember:

- Thorough training on the Saturday for your jump on the Sunday
- Use a modern square canopy which allows you to steer!
- Jump solo from up to 3,000 feet closely supervised by professional parachute instructors
- Securely attached to a 'static line' designed to automatically open your parachute for you
- The first step to becoming a qualified skydiver if you use the latest square parachute design
- Official certificate to prove that you have completed a solo static line jump and training course

All you have to do to receive your static line jump for free is to raise a minimum of £360 for Maggie's Centre. To book your static line jump simply read the enclosed pages entitled 'Important Information' and 'Paying Your Sponsorship Money' and complete the enclosed reservation form.

Accelerated Freefall – Solo Skydive!

What's involved?

If you're really adventurous why not take the first part of a professional skydivers course – also known as Accelerated Freefall (AFF Level 1 for short). You'll have a full day's ground training from two qualified instructors before you skydive solo from 10,000 feet – just like the real thing!!!

What does the jump involve?

Learning to skydive solo is a big challenge and you will start with a full day's training including practical and classroom sessions covering all areas of making a solo skydive from 10,000 feet! On the second day, once your instructors are satisfied that you are ready, you will climb aboard the aircraft to be taken to your jump altitude. Whilst you will skydive solo (ie with nobody attached to you) your two instructors will jump with you and be by your side until approximately 5,000 feet when you pull your parachute canopy. From that point you will steer your parachute on your own but will be guided to the dropzone by ground control who will talk you down all the way. All in all Accelerated Freefall is as close as you can get to the real thing!!

Any questions, call

0870 345 8000

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What do I do next...

AFF: Points to remember:

- Full training on the first day to cover all aspects of making a solo skydive on the following day
- Classroom and practical sessions prepare you for the experience of a lifetime
- Freefall from 10,000 feet with two instructors by your side
- Once your parachute is open you will be talked down by ground control
- The first level of a professional skydiver's course
- Official certificate to prove that you have completed Level 1 AFF!

To make your Accelerated Freefall Jump for free all you need to do is raise £535 for Maggie's Centre which is fantastic value considering you are taking the first part of a professional skydiving qualification! To book your jump simply read the enclosed pages entitled 'Important Information' and 'Paying Your Sponsorship Money' and complete the enclosed reservation form in this pack.

Which jump should I choose?

It's completely up to you and as long as you raise the minimum sponsorship money you will get to jump for FREE! If you want to experience the exhilaration of 120mph freefall you should choose either a Tandem Skydive or AFF (choose a Tandem if you don't want to become a professional just yet!); if you want to jump solo with the option to progress in the sport you should choose a Static Line or AFF; if you simply want to experience the sport and jump solo then the Static Line jump will suit your needs.

The following table summarises the three types of jump you can choose from and indicates the principal differences between them:

| | Tandem Skydive | Static Line | Accelerated Freefall |
|-------------------------------------|---|--|---|
| Minimum Sponsorship Level | £395 | £360 | £535 |
| Jump Altitude | 10,000ft | 3,000ft | 10,000ft |
| Duration | 1 day | 2 days | 2 days |
| Jump solo or with instructor | With an instructor | Solo | Solo |
| BPA approved certificate | ✓ | ✓ | ✓ |
| Comments | Ideal if you want to experience 120mph freefall without having to do a day's training | For those who want to jump solo and also take the first step towards jumping regularly | First level of a professional skydivers course! |

What do I do next?

Simply decide which type of jump you would like to do and read the following pages entitled 'Important Information' and 'Paying Your Sponsorship Money'. After that all you have to do is choose a date for your jump and complete the enclosed reservation form and then make a thrilling parachute jump in aid of Maggie's Centre!

120mph freefall or the freedom of a solo jump – you decide!

Any questions, call

0870 345 8000

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Important Information

When can I jump?

We have organised a select number of dates for you to choose from, which are listed on the enclosed reservation form. If you are unable to jump on any of these dates please contact us on the number below to discuss the possibility of jumping on alternative dates.

Where is the airfield?

There are over twenty British Parachute Association approved centres across the UK – please see the enclosed map for their location and which jumps they offer. Once we have received your reservation form we will do our best to place you at your nearest centre but if this is not possible we will contact you to discuss the alternatives.

Are there any restrictions on age or health?

| | Tandem Skydive | Static Line | AFF |
|---------------|----------------|--------------------|--------------------|
| Age | 16 and over | 16 to 55 inclusive | 16 to 55 inclusive |
| Weight | Under 15 stone | Under 15 stone | Under 15 stone |

Please note for all jumps your weight should be roughly in proportion to your height and some centres have lower weight limits - please contact us for details. The principal medical restrictions for all jumps are diabetes, epilepsy, fits, recurrent blackouts, heart or lung disease, mental illness and some cases of asthma. You will be required to sign a medical form before your jump declaring your fitness to take part - this will be sent to you upon receipt of your reservation form but is also available on request. Those under the age of 18 will need the medical form signed by a parent or guardian; those aged 40 and over, or those with a medical condition, will need it signed by their doctor.

Pre-existing physical conditions will not necessarily prevent you from taking part but please do inform us of any physical conditions as this may affect the location of your jump; if you are in any doubt then please contact us for further information.

What about insurance?

You will automatically be covered for up to £2,000,000 third party insurance but this will not cover you for personal injury. Should you wish to take out cover for personal injury you should either arrange this through your own broker or you can contact us on the number below and we will send you a Personal Insurance Form.

How do I book my place for a FREE jump?

Simply complete the enclosed reservation form and send it to us as soon as possible and certainly no later than the latest booking date indicated on the form. Please note you must also provide a £70 booking deposit made payable to 'Skyline' which can be taken out of your minimum sponsorship money.

Paying your sponsorship money

You have four weeks from the date of your jump before your money to charity is due. Full details of our sponsorship payment system are included on the following page entitled 'Paying Your Sponsorship Money'.

Finally

We sincerely hope that you decide to give it a go - it has often been described as a thrilling 'once in a lifetime' experience and is an excellent way in which to raise funds for such a worthwhile cause. There will be lots of other people trying parachuting for the very first time on the day, so you are welcome to bring along your friends and family so they can watch you on a day you will simply never forget: The day you perform an exhilarating skydive or parachute jump in aid of Maggie's Centre.

Choose your jump and fill in the Reservation Form NOW!

Any questions, call

0870 345 8000

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PAYING YOUR SPONSORSHIP MONEY

The following sponsorship system makes it easy for you to take part and ensures that you do not have to pay all of your sponsorship money in advance. At all airfields you must pay for your jump and training on the day but your money to charity is not due until four weeks after you have completed your jump. Remember, as long as you raise the minimum sponsorship level for your jump (£395 for a tandem, £360 for a static line and £535 for AFF) you can recover both the cost of the booking deposit and the jump from your sponsorship money - which means you get to jump for FREE!

BOOKING DEPOSIT

Whichever airfield you jump at you must provide the standard £70 booking deposit which must be sent in advance but can be taken out of the minimum sponsorship that you raise.

TANDEM SKYDIVE

Payment for your jump will be required on the day which will be approximately £190. You must also provide the remaining sponsorship money due to the charity but this can be postdated by up to four weeks. Please note that any personal cheques must be supported by a valid cheque guarantee card. This postdated method of payment makes it as easy as possible for you, allowing you plenty of time to collect your sponsorship money after the jump before it is due to the charity.

STATIC LINE and AFF (Accelerated Freefall)

All airfields require payment on the day of your training which will be approximately £160 for a static line jump and £320 for an AFF. You must also provide the remaining sponsorship money due to the charity on the day of training but this can be postdated by up to four weeks. Please note that the payment to the airfield is for your training and is totally non-refundable even if you do not jump for whatever reason. However your money to the charity will only fall due four weeks after you have actually completed your jump – any personal cheques for postdated sponsorship money must be supported by a valid cheque guarantee card. This postdated method of payment makes it as easy as possible for you, allowing you plenty of time to collect your sponsorship money after the jump before it is due to the charity.

Precise instructions on how to operate the above payment system (including how much to pay the airfield on the day and how much sponsorship money is due to the charity) will be sent to you upon receipt of your reservation form and booking deposit.

NOTE

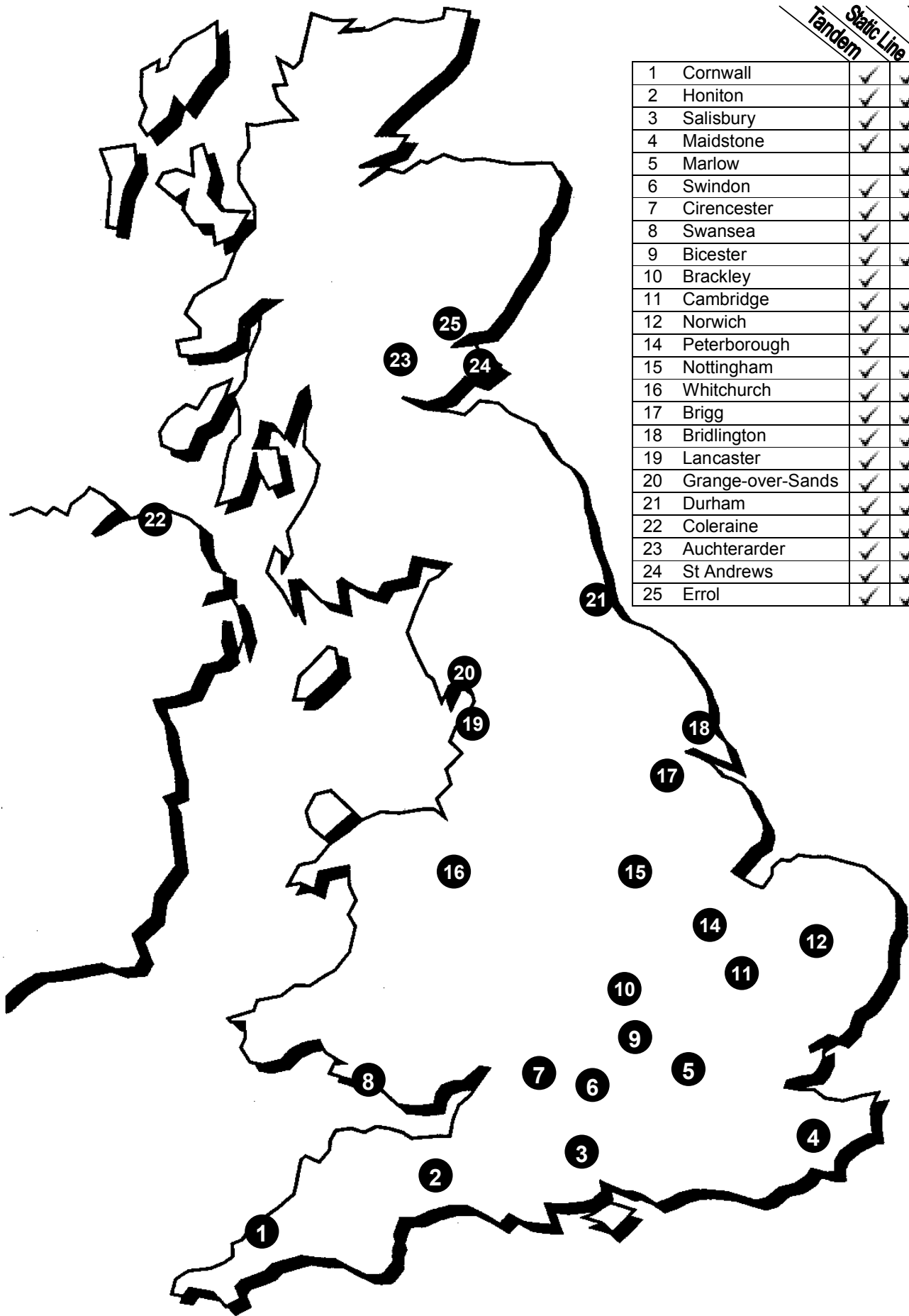
All jumps require you to send in your reservation form and booking deposit before we can start organising your jump for you - please do this as soon as possible so that we can give you the date of your choice and so that you can start preparing yourself for what has often been described as 'the experience of a lifetime'!

Reserve your place today!

Any questions, call

0870 345 8000

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| | | Tandem | Static Line | AFF |
|----|-------------------|--------|-------------|-----|
| 1 | Cornwall | ✓ | ✓ | |
| 2 | Honiton | ✓ | ✓ | |
| 3 | Salisbury | ✓ | ✓ | ✓ |
| 4 | Maidstone | ✓ | ✓ | ✓ |
| 5 | Marlow | | ✓ | ✓ |
| 6 | Swindon | ✓ | ✓ | ✓ |
| 7 | Cirencester | ✓ | ✓ | ✓ |
| 8 | Swansea | ✓ | ✓ | ✓ |
| 9 | Bicester | ✓ | ✓ | ✓ |
| 10 | Brackley | ✓ | ✓ | ✓ |
| 11 | Cambridge | ✓ | ✓ | ✓ |
| 12 | Norwich | ✓ | ✓ | ✓ |
| 14 | Peterborough | ✓ | | |
| 15 | Nottingham | ✓ | ✓ | |
| 16 | Whitchurch | ✓ | ✓ | |
| 17 | Brigg | ✓ | ✓ | ✓ |
| 18 | Bridlington | ✓ | ✓ | ✓ |
| 19 | Lancaster | ✓ | ✓ | |
| 20 | Grange-over-Sands | ✓ | ✓ | |
| 21 | Durham | ✓ | ✓ | |
| 22 | Coleraine | ✓ | ✓ | |
| 23 | Auchterarder | ✓ | ✓ | |
| 24 | St Andrews | ✓ | ✓ | ✓ |
| 25 | Errol | ✓ | ✓ | |

