



# Dare to Dive? Skydive

Have you got what it takes to jump  
13,000ft travelling at 120mph to raise  
money for The Colchester &  
Ipswich Hospitals Charity?!

# Hospital Hero Skydiver!

Welcome to the Skydive Team. This is set to be an unforgettable experience with amazing views!

**You've taken your first step to doing something amazing, thank you!**

With your help and support, we can raise even more money to improve facilities, fund new equipment, provide important additional services and fund innovative projects at The East Suffolk and North Essex NHS Foundation Trust.

## Quick Facts

- ★ Skydive at 13,000ft
- ★ Minimum age 16
- ★ 30 minute training session
- ★ 20 minute flight
- ★ Reach over 120mph
- ★ 40 seconds of freefalling
- ★ 5-7 minute canopy flight



# Where to go?

**Location:** UK Parachuting, Beccles Airfield, Ellough, Beccles, Suffolk, NR34 7XD

## Directions:

If coming via the A12, approx. 10 miles south from Lowestoft take the B1127 towards Beccles, after 5 miles look for a turning on the right signposted UK Parachuting. Park in car park and follow signs to registration.

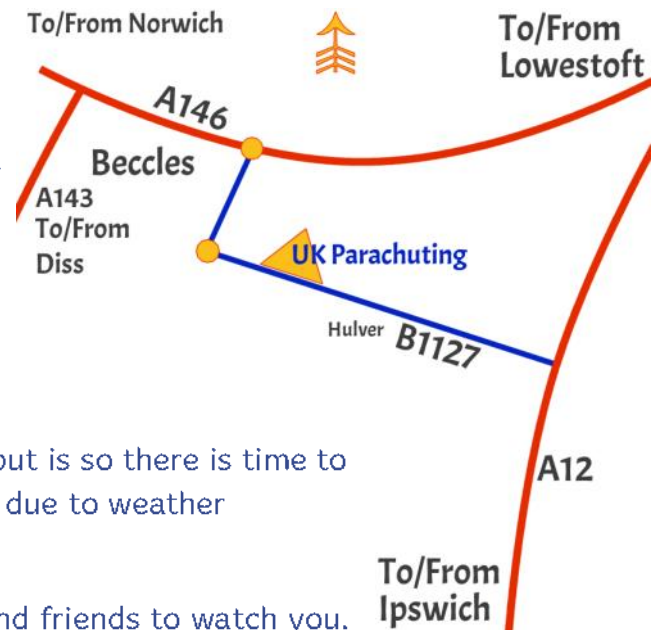
## On the Day:

You need to arrive at the airfield at **8:30am**.

Report to the UK Parachuting Registration desk.

Please be aware this is not the time of your jump but is so there is time to register everyone and a greater chance of jumping due to weather conditions.

Spectators are welcome! Bring along your family and friends to watch you. Please be aware there will be some waiting around on the day, so think of activities for any children you might bring.



# What to wear...

Comfortable tracksuit style clothing is recommended for skydiving, with suitable footwear such as trainers or laced up shoes. Slip on shoes or shoes with hooks or high heels must not be worn. Jeans are not recommended. You will be provided with a jumpsuit to wear on the day.





# The Training...

Once you've registered at the UK Parachuting Office you'll have some training to show you what to do on the jump.

Training is simple, takes just 20 minutes and covers the following:

- ★ The parachute equipment and how it works.
- ★ How you will be attached to your instructor.
- ★ What is expected of you during the aircraft ride to altitude.
- ★ What you need to do when you exit the aircraft.
- ★ What is expected of you during free fall.
- ★ What happens under canopy and during the landing process.



# The Flight & Skydive...

- 1 When it is your turn you'll be kitted up with a jumpsuit, hat and goggles. You'll be fitted into your harness ready for the flight.
- 2 You and your instructor will board the plane together and then you'll be securely attached together.
- 3 The plane will climb to around 13,000 feet
- 4 When it is safe to do so, you and your instructor will move to the door ready to leave the plane...
- 5 On leaving the aircraft, this is your freefall time! Reaching speeds of 120mph descending to around 5,000 feet.
- 6 Now, enjoy the views as you glide through the air suspended under your parachute.
- 7 As you get near to the ground your instructor takes control and lands the canopy as you lift your feet up.

# Fundraising Hints & Tips...

You may have already set up a JustGiving Page or printed a sponsorship form, so how can you boost your fundraising to hit that target!?

Here are some handy tips to help you out:

1

**Super Sponsors** – when getting donations on your JustGiving Page or sponsorship form make sure the first sponsor gives a generous amount. People are likely to follow suit, whether the first sponsor is £1 or £10 subsequent sponsors are likely to give the same. Perhaps ask a close friend or family member to give the first super donation.

2

**Tell your story** – Are you doing the Skydive to say thank you for great care or in memory of a loved one? Perhaps you work at the hospital and would like to support your department – tell people! A story can really help people to see why you are doing something and therefore why they should support you.

3

**Upload a photo to your JustGiving page** – Uploading lots of photos is one of the easiest and most effective ways of personalising your page. When your supporters first visit your page, greet them with a picture of yourself; and remember you can upload up to ten photos, so why not add a few more. As they say, a picture tells a thousand words.

4

**Share share share** – social media has become a way of life for many of us, it is also great at spreading the word about fundraising. On average, each share on Facebook of a JustGiving page can raise an extra £5 of sponsorship, so if you and your friends get sharing your page you could reach your target in no time! Not on social media? Talk about your fundraising – a lot! Tell people what you are doing and why, it won't be long before you have people saying 'I will sponsor you to do that!'

5

**Match funding** – if you work in a large organisation it is always worth asking if they offer match funding, or any other support they offer to staff for charitable activities. Many places will double what you raise! If they don't have this why not ask your company if they will do a dress down day for your cause? In a large office £1 each can make a massive total!

6

**Get creative** – if you're finding it hard to ask people for sponsorship, why not offer them something in return? Say you'll dress up in something silly for the skydive to give them all a laugh. Make a good Victoria sponge? Why not bake some yummy treats and sell them around your work place – everyone loves a cake on a Friday and those pounds can quickly add up!

7

**Beat your target?** – If you've already reached your target or are getting close, why not increase it? Set yourself the challenge of raising even more for your chosen ward or department – that extra sponsorship could really make a difference to what they will be able to achieve.

I hope this has provided you with some inspiration to get your fundraising going or give it a boost. The charity team are here to support you, so if you do have any questions or need some support, please get in touch and we will be happy to try and offer help.

# Your sponsorship

Let us know which area of the hospital you are raising for when you register, or if you are happy for your donations to be used generally and go to where the need is greatest.

Remember the more you raise the more money going to your chosen ward or department.

All our Hospital Hero Skydivers are asked to pay a registration fee and raise a minimum of £315 for The Colchester & Ipswich Hospitals Charity. Some of this does cover the cost of your jump, but means that the charity will receive at least £200 from each Skydiver.

Amount?	When?	How?
£100 Deposit	On registration	Via our website
£100 Sponsorship	10 days prior to jump day (29 <sup>th</sup> Aug 2018)	Cash, Cheque, Online or Justgiving
Final £215 Sponsorship	Within 4 weeks of your jump (6 <sup>th</sup> Oct 2018)	Cash, Cheque, Online or Justgiving

## Paying in your sponsorship money:

★ **JustGiving:** any donations or sponsorship on JustGiving is paid directly to us each week, so you don't have to worry about a thing if you've collected in this way.

★ **Online:** you can pay your sponsorship money in via our website, ([www.colchesteripswichcharity.org.uk](http://www.colchesteripswichcharity.org.uk)) choose the single donation option and add the amount you have been sponsored. Don't forget to email or post us your sponsorship forms so we can claim the Giftaid on those donations.

★ **Cheque:** please make all cheques payable to 'The Colchester & Ipswich Hospitals Charity' and let us know what ward or department you are supporting. Send to: Colchester & Ipswich Hospitals Charity, Post Box NO49, Heath Road, Ipswich, IP4 5PD

★ **Cash:** you can come in and see our cashiers at South Finance to drop off any cash donations you have. They are located near South Wards and are open Monday to Friday 9am to 4pm.

# British Parachuting Requirements...

There are some medical requirements you should be aware of before you sign up to a skydive.

The full medical declaration can be found here:

<https://www.ukparachuting.co.uk/forms/115a.pdf>

If you are unsure you should speak to your doctor.



If you haven't yet registered for the jump please sign up via our website [www.colchesteripswichcharity.org.uk](http://www.colchesteripswichcharity.org.uk)

Any questions, get in touch:

[charity@esneft.nhs.uk](mailto:charity@esneft.nhs.uk)

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