



**Everything you need to know about taking part in this year's Big Jump.**

## Thank you for joining #TeamBeat

We are thrilled that you've decided to fundraise for Beat by taking part in The Big Jump 2021. Each year we support thousands of people and their loved ones on their journeys towards recovery from an eating disorder. Your fundraising makes this possible. From them, and everyone at Beat, thank you. We couldn't do it without you.

- **£25** could help pay for information and posters to be displayed in schools and universities.
- **£48** could help us answer three telephone calls to support those reaching out to speak about their eating disorder for the very first time.
- **£152** could fund the supervision of ten peer support volunteers to help families cope.
- **£336** pays for a Helpline advisor for 24 hours to provide support and advice.
- **£700** could help us host five of our online support groups, providing a friendly, safe and welcoming space where people can chat with others who understand what they're going through.

" I enjoyed fundraising; the feeling each and every time someone made a donation and I received their lovely words of encouragement - I was so grateful! Family, our friends and work colleagues helped spread the word and gain us more sponsorship than we thought possible. "



## The Big Jump for Beat in Six Steps

You've booked your place; now it's time to...

1. **Set up your JustGiving page** by clicking [here](http://www.justgiving.com/campaign/thebigjump2021). (www.justgiving.com/campaign/thebigjump2021)
2. **Spread the word.** Reach out to your nearest and dearest via social media, email, and in person and tell them all about your incredible skydive. Add it to your email signature or share your story in the local press.
3. **Contact Beat.** Get supplies and top tips and tricks by emailing fundraising@beateatingdisorders.org.uk
4. **Reach your target.** Follow our fantastic fundraising ideas on the next page to reach your £450 target or smash it!
5. **Are you ready?** Make sure you have completed all the forms and have your T-shirt ready to wear on the day.
6. **Enjoy it!** On the 15th May, leave your worries behind and feel the thrill and adrenaline from jumping 10,000 feet!



" When the parachute opened and you realise that you were flying in the sky, it was incredible! It was a moment I won't forget and I just kept saying - 'it's so beautiful, it's so beautiful!' It felt so free, exciting and emotional all in one! Amazing! "

## Fantastic Fundraising Ideas

- Organise a raffle by asking friends, family, colleagues, and local business to donate prizes, then sell tickets to help you reach your target.
- Auction it off! If someone donates something extra special, why not have an auction? Alternatively, auction off other creative ideas, like a craft workshop to friends and family with all proceeds going to your skydive!
- Hold a pamper party with all your friends.
- Make things interesting with a sweepstake, whether it's football or the latest TV competition show.
- Everyone loves a quiz, so try your hand at being quiz master for a night. Charge teams to join and accept bribes for clues.
- Arts and crafts your thing? Why not sell your creations to reach your target?
- Style it out with a themed fancy dress competition at work.
- Don't forget to use your networks! Friends, family and colleagues can help with your fundraising too, and why not ask your work if they will match your fundraising?

**Need any help? Just message us on Facebook or Twitter, email us at [fundraising@beateatingdisorders.org.uk](mailto:fundraising@beateatingdisorders.org.uk) or give us a call on 01603 753 308.**

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**Beat**  
Eating disorders

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