

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.

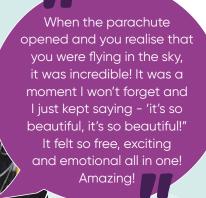
- £25 could help pay for information and posters to be displayed in schools and universities.
- £48 could help us answer three telephone calls to support those reaching out to speak about their eating disorder for the very first time.
- £152 could fund the supervision of ten peer support volunteers to 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...

- Set up your JustGiving page by clicking here. (www.justgiving.com/campaign/thebigjump2021)
- 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.
- Contact Beat. Get supplies and top tips and tricks by emailing fundraising@beateatingdisorders.org.uk
- Reach your target. Follow our fantastic fundraising ideas on the next page to reach your £450 target or smash it!
- Are you ready? Make sure you have completed all the forms and have your T-shirt ready to wear on the day.
- Enjoy it! On the 15th May, leave your worries behind and feel the thrill and adrenaline from jumping 10,000 feet!



## 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 the an auction? Alternatively, auction off other creative ideas, like a craft workshop to friends and family with all proceeds going to your skydive!
	O Law agmor party with all your friends.
	Make things interesting with a sweepstake, whether it's lootball of the
	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
	as the sit 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 or give us a call on 01603 753 308.



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