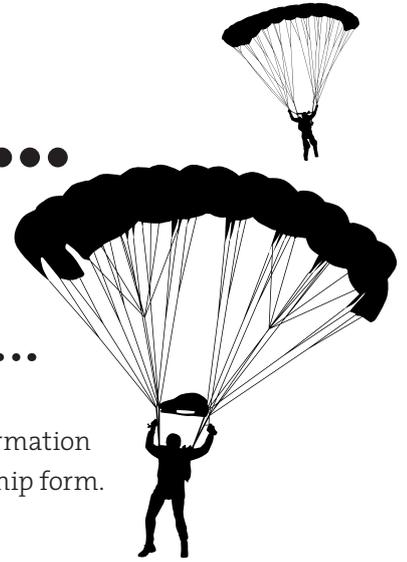


HANDY FUNDRAISING GUIDE

How to get involved in... a charity sky dive



Once you have plucked up the courage to commit to making the jump, organising the event itself is quite straightforward.

CHOOSE A COMPANY

There are many different companies online that can help you to set up your charity skydive. These companies make the process of booking your parachute jump and registering to do it for PHA UK is really simple.

One of the most popular is Skyline Parachuting at www.skylineparachuting.co.uk

Others include:

www.ukparachuting.co.uk

www.goskydive.com

www.skydiveukltd.com

www.ukskydivingadventures.com

JUMP FOR FREE OR SELF-FUND?

When booking, you will usually need to state if you wish to self-fund your jump or do it for free.

Selecting to jump for free means that in return for raising a minimum amount of sponsorship money, PHA UK may pay for your jump – contact us on **01709 761450** to find out how we can help.

To self-fund, you must pay for your skydive out of your own money, with all sponsorship money going to PHA UK.

BOOKING AND REGISTERING

At the point of booking you will need to set a date, state PHA UK as your charity and confirm how you will pay for the jump - normally you will be required to pay a small deposit. Once payment has been made you will be

able to access further information and receive your sponsorship form.

START COLLECTING

Whether you use the forms provided, or create an online sponsorship page, start signing up sponsors straight away. Make sure you spread the word – as well as informing all of your friends and family, use social media to its full advantage. Tell people you are sky diving, who you are doing it for and when it's happening, and be sure to include a link to your fundraising page.

COLLECTING YOUR DONATIONS – USEFUL WEBSITES

www.justgiving.com

www.virginmoneygiving.com

www.mydonate.bt.com

LET US KNOW WHAT YOU'RE UP TO

We're always keen to know what people are doing to help raise much needed funds and awareness for PHA UK. If you're planning a sky dive contact Helen at office@phauk.org or on **01709 761450** and we'll send you a handy Fundraising Kit to help with your event.

RIO DID IT...

Rio Maddock, granddaughter of PH patient Jacky Cant, leapt 17,000 feet out of a plane to raise money and awareness for pulmonary hypertension. She paid for the skydive herself so that every penny could go to PHA UK and raised over £3,300.