

# Action For Kids

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Dear friend,

**Congratulations! You've taken the first step towards taking part in an exciting team white water rafting event!**

Everything you need to complete this thrilling experience is enclosed in this pack including your reservation and sponsorship forms so it really is very easy for you to take part.

Action For Kids is a small national charity that works with a range of physically and mentally disabled children, young people and their families. We aim to create independence for these young people – providing such things as mobility aids through to work experience training. **As a small charity any money you raise really will make a huge difference to our work.** (I hope you don't mind but I've enclosed our latest newsletter to tell you a little more about us.)

The enclosed information has been written by professional events organisers Skyline who receive a flat rate per team for organising this event for us. Skyline specialise in organising fundraising events for charities so if you have any questions please ring them directly as they are in the best position to answer your questions - you can contact them on 0870 345 8000.

As you will read in the following pages all you need to do to take part in this event is get a team of 6 to 8 people together (the exact number depends on which centre you raft at) and between you raise £620 in sponsorship money (that's less than £80 per person)! From this amount the charity will receive an average donation of £380 and in addition to this every extra pound that you raise over the minimum also comes directly to the charity, so please try to raise as much as you possibly can!

Please do take a few minutes to read through the information – and I really hope you decide to give it a go! Just remember that you will have a great time and be making a difference to young lives at the same time.

We look forward to hearing from you soon!

Henry Creed  
Community Fundraiser  
0208 347 8111

**PS To make collecting your sponsorship easier why not set up an on-line sponsorship form – just go to [www.justgiving.com/charity/actionforkids](http://www.justgiving.com/charity/actionforkids)**

## Whitewater Rafting!

### What's going on?

Raging rapids, cascading waterfalls and nail-biting competition – all this and more could be yours by taking part in one of our unique whitewater rafting adventures. In the next couple of months Action For Kids are organising a series of trips down various whitewater rafting courses across the UK and what's more we are offering you the chance to take part for FREE by raising just a small amount of sponsorship money for the charity! So if you would like to join in a unique event, learn how to race the rapids of some of the UK's most exciting rivers and at the same time raise funds for a worthwhile cause you had better read on...

### What will the rafting involve?

Whitewater rafting is a truly thrilling adventure sport and we are looking for people like you to take part even if you haven't got any previous experience! When you arrive at the centre you will be accompanied by an experienced instructor at all times who will provide you with all the equipment you need and teach you everything you need to know. Steering the raft, choosing the best course down the river and running those rapids – you will learn all this and more as you prepare for the adventure of a lifetime. Each UK whitewater rafting location has a different format but in general you will begin by getting some paddling practice at the top of the course before setting off on your exhilarating journey. In Scotland you will race other rafts down 6km of the River Tay. In all other locations you will raft down shorter courses but will have a least three runs trying to improve on your best time on each attempt. Wherever you take part your whitewater rafting adventure will last approximately two hours and you will be given the unique opportunity to fully experience the exhilaration of whitewater rafting as you take part in a thrilling adventure on behalf of Action For Kids.

### Points to remember:

- No experience required as all training and equipment is provided
- Accompanied by an experienced rafting guide at all times
- Paddle your raft down some of the UK's most exhilarating whitewater rafting courses
- Learn to run the rapids just like the professionals

### What must I do to qualify for a FREE rafting adventure?

Simply get a team of 6 to 8 people together (full details for your nearest centre are included on the enclosed reservation form) and between all of you raise the minimum amount of sponsorship for Action For Kids which is just £620 for the whole team. That's less than £80 per person although some people can raise more and others less as long as the team total of £620 is raised. Please do not be put off by this amount, you will find that if you ask everybody you know to sponsor you you will find you can quite easily raise the required amount and remember, every penny you raise over the minimum will be further contributing to the charity and giving you the chance to take part in an exhilarating rafting event for FREE!

### What do I do next?

Read the next page entitled 'Important Information' and then simply get your rafting team together and complete the enclosed reservation form. After that all you have to do is take on the rapids of one of the UK's most exciting whitewater rafting courses for FREE!

**Take part in a unique whitewater rafting adventure – for FREE!**

## Important Information

### Where will the whitewater rafting take place?

On selected whitewater rafting courses across the UK – please see the map on the enclosed reservation form for the location of your nearest centre.

### When can I raft?

Our whitewater rafting adventures are taking place on a select number of dates which are indicated on the enclosed reservation form. If none of these dates is suitable please contact us on the number below to discuss the possibility of rafting on an alternative date.

### Are there any restrictions on age or health?

You do not have to be an athlete to go rafting but you should be reasonably fit, feel confident in water and be aged between 14 and 65 (those under 18 will need parental consent). Most centres have weight limits of 17st apart from Nottingham where the weight limit is 14.5st. Those who are pregnant or under the influence of alcohol or drugs should not take part and those with asthma, epilepsy, diabetes or a heart condition should consult their doctor; if you have any doubts at all about your suitability you should consult your doctor.

### What about insurance?

The whitewater rafting company operating this event has their own insurance but this does 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 this event?

Simply complete the enclosed reservation form and send it to the charity as soon as possible and certainly no later than the latest booking date indicated on the form. Please note you must also provide a team booking deposit of between £200 and £310 (depending on which centre you are rafting at) which can be taken out of your minimum sponsorship money. Full details can be found on the enclosed reservation form.

### Paying your sponsorship money

On the day of the event you will be required to provide your sponsorship money due to the charity but this payment may be post-dated by up to four weeks to allow you plenty of time to collect your sponsorship money after the event (please note that sponsorship money cannot be given on the day in cash). Full details of this payment system including how much sponsorship to pay on the day will be sent to you shortly when we receive your reservation form and team booking deposit.

### Finally

We sincerely hope that you decide to give it a go – whitewater rafting is a thrilling experience and is an excellent way in which to raise funds for such a worthwhile cause. There will be lots of other people having a go for the very first time and 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 raft one of the UK's most exciting whitewater rafting courses as part of an exhilarating rafting adventure on behalf of Action For Kids!

**There are only a limited number of places - fill in the Reservation Form NOW!**



