

Festive SPLASH

# EVENT INFORMATION PACK 2023

**Dare to Dip for better mental health!** 

## EVENT INFORMATION

#### **Pre-registration is essential**

Registration fee is £15 and minimum sponsorship is £50. Please direct any other potential splashers to the Eventbrite page: <a href="https://lfestiveseasplash.eventbrite.co.uk">https://lfestiveseasplash.eventbrite.co.uk</a> or email the organisers fundraising@amh.org.uk

Please reach to the depths and raise as much as you can for this chilly festive fun challenge to support our vital mental health services for local people.

- Festive Sea Splash, Crawfordsburn Beach 3rd December 2023, 1.00 4.30pm.
- Splashers will receive a T shirt at registration on the day (only if pre registered)
- Splashers will also receive a hazard blanket as they exit the water, our unique
- Festive Sea Splash medal and hot refreshments (Soup and wheaten bread).
- Cafe closes at 4.00pm. Park closes at 4.30pm
  - Event may be rescheduled if weather impacts on safety.
- Splashers are advised to wear swimming costumes. You can also wear your AMH t-shirt, or festive fun outfit.
  - Please remember to bring towels, dressing gown/dry robe and a full change of very warm clothes!
  - Please note there are no changing facilities at splash site, but there are toilets in the car park and also at the visitors centre.
    - Splashers will be taken in batches of 20. If you wish to splash with a specific group please come to register at the same time.
  - Full safety briefing will be delivered by our water safety experts, Safer Waters. All safety instructions must be followed.
  - First aid cover on site by St. Johns Ambulance Service.
- All participants enter the water at their own risk and written consent will be required before taking part. If under 18 yrs old you must be accompanied by a

parent/guardian who has countersigned your disclaimer form.

Please note registration fee and sponsorship raised is non refundable if you are unable to attend.



#### **Event time**

Registration for the event will begin from **12.30pm** on the **beach at Crawfordsburn** and all splashers and their supporters are asked to make their way to the beach.

Your time to splash may be allocated in advance, so check your emails pre event to find out what 'wave' you will be on. Please register 15 minutes prior to your wave time.







#### **Written Consent**

I \_\_\_\_\_ (please print your name)

Have undertaken to take part in the Action Mental Health Festive Splash on 3rd December 2023.

I fully understand that upon entering the water, I do so at my own risk and Action Mental Health and Safer Waters NI are not liable for any injury or illness caused.

Signed:

Date: \_\_\_\_\_

Under 18 countersign:



# SPONSORSHIP FORM

action mental health

Name		Gift Aid For every £1 you densite, giftaid it
Address		claim an additional 25p more! By ticking the box headed 'Gift Aid' below you confirm that you are a UK Income or Capital Gains taxpayer; have read this statement
	Postcode	and want Action Mental Health to reclaim tax on your donation, given the date shown, you understand that if you pay less income Tax / or Capital Gains in the current tax year than the amount of Gift Aid claimed on
Email Address		all of your donations it is your responsibility to pay any difference and you under-stand that the charity will reclaim 25p of tax on every £1 that you have given.

**REMEMBER:** You must provide your full name, home address, postcode and tick the Gift Aid box below for Action Mental Health to claim tax back on your donation.

Full Name	Home Address	Postcode	Amount	Gift Aid	Date Donated	Amount Received
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### DCNATIONS

#### **Setting up a JustGiving page**

- ♦ Click through to justgiving.com/campaign/festivesplash2023
- Set up or log into your account and click 'Start Fundraising'.
- Select 'Festive Sea Splash'.
- Fill in all the details asked and choose your web address this is the link you'll be sharing with friends and family when asking them to donate.
- We would love to keep in touch! If you would like to hear from Action Mental Health regarding future events and campaigns, please select to **opt in for communications**. If you would prefer not to hear anything, simply select the opt out option.
- Once all your details are filled in, click 'Create your page'.



### Top 10 tips for setting up a successful fundraising page

- Add a photo Fundraisers with pictures on their page raise 14% more per photo. A perfect excuse for a #selfie.
- Tell your personal story Why do you care? Tell your story about why you are fundraising.
- Shoot for a target Pages with a target raise 46% more. Aim high and tell the world
- **Don't be afraid to share** Sharing on Facebook, social media and WhatsApp raises more. Don't be afraid, people want to hear about the good things you are doing.
- **Don't forget about email** Lots of your friends, colleagues and neighbours are not on social networks but would love to hear about what you are doing.
- **Be creative** Think of interesting ways to get people excited about your fundraising. "If I reach £500 I will take part in the event in fancy dress".
- Let the charity know Tell the charity so they can help you spread the word. By letting them know they may be able to share to their social pages and through email.
- **Encourage others** Convince your friends to take part and raise money as well as it makes the experience more fun!
- It's not over 'til it's over 20% of donations come in after an event has ended, so make sure you follow up the event with an update about how you did.





#### Other ways to donate





Post: You can post cheques made payable to:

Action Mental Health, Fundraising Department 27 Jubilee Road, Newtownards BT23 4YH

Online: Visit our website www.amh.org.uk and make a donation with a debit/credit card.

Bank transfer: If you would like to forward your donation by making a bank transfer, please give us a call on **028 91 828494** or email fundraising@amh.org.uk for our details.

## REMINDER

Don't forget to send us all your photos of the day, we plan to put a gallery on our social media channels celebrating our splashers taking part in our first ever Festive Splash!

#### Follow us on:



**Action Mental Health** 



@amhNI



@action\_mental\_health

We would really love to see you taking part in the Festive Splash so please tag us. Alternatively email fundraising@amh.org.uk

Whilst we encourage you to have fun, please remember to be sensible and safe – (Suggested Kit List) wearing old trainers to enter the sea, bathing costumes, festive hats and face furniture (Santa's beard's), heavy costumes will weigh you down so please be mindful of this, the less you wear the better.

Bring bath towels, hand towels, warm towelling robes and a full change of very warm clothes to change into including a hat, gloves and layers. Plus, bin bags for your wet bathing costume and wet towels.

Optional – swim booties, wet suit, dry robes.

Again we remind you that all splashers enter the water at their own risk.





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Festive SPLASH



THANK YOU FOR
SUPPORTING THE
VITAL WORK OF
ACTION MENTAL HEALTH.



Central Office 27 Jubilee Road Newtownards Co Down, BT23 4YH T 028 9182 8494 E fundraising@amh.org.uk www.amh.org.uk @amhNI

