

RASASC
Rape & Sexual Abuse Support Centre



Fundraising Events – May 2009

Newsletter Reminder: Do please send us any news items, details of fundraising efforts, funny or interesting stories or facts, and/or details of any events you may have attended publicising RASASC. Where appropriate we will always preserve the anonymity of contributors. Send to:

Sonja (Newsletter), c/o RASASC office
on (01483) 452900 or via admin@rasasc-guildford.org
or at PO Box 1009, Guildford, Surrey GU1 9EE

Fundraising or donations: Please make all cheques payable to RASASC

With spring now blossoming anew among the return of warm sunshine and outdoor greenery, it seems the perfect time to tell friends, colleagues and supporters about some events coming up – outdoor events where a good time can be had by all who'd like to support RASASC in combination with enjoying the fresh air and the wonders of nature!



Guildford Annual 10km Charity Walk Sunday 10th May 2009

**Sponsored by Surrey Advertiser and
organised in conjunction with the Rotary Club (Guildford District)**

This 10km walk leads through some of Surrey's finest **North Downs** countryside, starting and finishing at **Shalford Park** (just south of Guildford's Jolly Farmer public house). The route follows the river Wey south out of **Guildford** to **Shalford**, and then turns eastward to join the **Downs Link** trail path traversing **Wonersh Common**, the outskirts of **Blackheath** and up to **St. Martha's Hill**, returning westward along the **North Downs Way** across **The Chantries**.

Entry is free, with each entrant being responsible for collecting and forwarding their individual sponsorship money to their chosen charity (i.e. RASASC). Free parking is available at Shalford Park and the event starts at **9.45am** (when walkers will be gathered together to begin), finishing by 3pm although the route generally takes less than four hours to complete. Every penny raised by our supporters will go to RASASC and help further our counselling and helpline services.

Entrants are requested to register at the Marshall's tent upon arrival and again upon finish, to verify that all return safely. Along the route, Rotary Club members are organising three checkpoints (at Lower Chinthurst, Blackheath and St Martha's) where walkers' cards will be stamped and free liquid refreshment made available for entrants and their dogs.

Last year nearly 400 people took part and helped raise some £40,000 for their various charities. Visit the Rotary Club website at <http://www.guildfordrotary.co.uk/pages/walk.html> for more information, a **route map** and a **downloadable sponsor form** - and if you'd like to begin the walk as part of a small RASASC group, let us know in the office – we'll see what we can organise.

Just Walk 2009 – South Downs – Saturday 9th May



The third year of a fundraising walk with a difference. Not only can you choose your own charity (i.e. RASASC) to fundraise for, but you can also challenge yourself with a 10km walk, a circular 20km, a NEW 40km route or the big 60km walk in outstanding British countryside. Organised by Across the Divide Ltd – they have taken over 20,000 people to a variety of exciting expedition destinations around the world and their fundraising events have raised over £30 million for 150 different charities in the last 12 years.

The event is during one day (and maybe into the night for you 60km folks!) on Saturday 9th May 2009, starting at **Goodwood Racecourse** in West Sussex. Early morning start times (varying per distance chosen). Route details are included in an event pack supplied to all who register.



Fundraising is by individual sponsorship (easily done - ask friends to sponsor you at 50p or £1 per km for example - we can send you RASASC forms). An entry fee (varying per walk) covers provision of:

- Full event safety planning and management
- Full medical support
- Full logistical support along the route including pick up vehicles
- Fundraising and training advice
- Drinks throughout
- Snacks throughout
- Power stations along the walk with full support including loos
- Way marked and safety signed route
- Event booklet with full advice guidance and map
- Event t-shirt (dependent on distance chosen)
- Meals (dependent on distance chosen)
- Certificate of achievement



The BIG 60km Route – Entry fee £65 (over 18s only)

If you're looking for a real challenge to raise money for RASASC then this is the route for you. Passing through some of the most stunning countryside of the Home counties, with picturesque villages and towns such as Arundel along the way. It is tough, but gives the biggest sense of achievement when you cross the finish line.

NEW 40km Route – Entry fee £55 (over 18s only)

If you feel the BIG challenge above is just a little too far then this route would suit you perfectly. New for 2009 it captures the first half of the 60km route and then drops back down to the finish. This route is still a rewarding challenge to complete.

20km Route – Entry fee £45 (£10 for under 12s)

The gentle 20km is suitable for all ages and is great for walking with a group of friends or family to raise money for RASASC. This route takes you through some of the picturesque villages of West Sussex as well as along the beautiful South Downs.

New 10km Route – Entry fee £15 (children under 12s free).

Get a taste of the Just Walk Event and take part in this great family day out where you can raise funds for RASASC by completing the 10km walking challenge.

But hurry – registration closes on **Friday 1st May**.

Visit www.just-walk.co.uk/UK_Charity_Walk.asp for full details, FAQs and easy registration.

RASASC Charity Gliding Fun Day
Bank Holiday Monday, 4th May 2009
At the Surrey Hills Gliding Club, Kenley near Caterham.

YOU MUST TRY THIS!

This is RASASC's third year of Charity Gliding, and we again hope to raise over £1,500 to help fund our counselling and helpline services. It's a great day out for individuals, teams and families. Come for a flight or just come for a picnic and watch for free, enjoying our BBQ or home-made cakes and refreshments. Facilities include a small clubhouse and plenty of parking. Kenley Common, adjoining the airfield, also has extensive dog walking, picnic and play areas.



Glider flights are only £50, or free if you raise over £50 in sponsorship (we can send you a form for sponsors). Insurance cover is automatically included and all "fliers" receive a certificate afterwards.



There's no minimum age for a flight, but if under 16 a parent/guardian must sign a consent form on the day. If over 6'2" or over 15 stone, the gliding club will need to talk to you before the day to make adjustments to your glider. Our "Gliding Info Pack" has full details – request a copy from our office, or contact us if you'd like to help in other ways on our big fundraising day. Or just come along and enjoy a great day watching quiet flights circle lazily overhead!

Why not ask around at work, to get a small group together for a super day out?

E-mail admin@rasasc-guildford.org or call RASASC (01483-452900, 10am-3pm) to book up!



So what's it like to go gliding?

Three supporters recall their flights of May 2008

Imagine the scene - three ladies of an indeterminate age (Terry, Jan and Sue) setting off from Farnborough at the crack of dawn, heading for a first-time "Charity Flight" at the Surrey Hills Gliding Club in Kenley. Two of us had already booked up for the experience, but the third was yet to be convinced that it was a good idea!

Having left in rain we were delighted to arrive at Kenley in glorious early morning sunshine. The flights could go ahead!

We were given a very warm and reassuring welcome by the staff and issued with a flight number -- decided by order of arrival. The enthusiasm of those around us soon 'rubbed off' on the third member of our group as she decided to book her flight too!



A quick briefing ensued. Each flight would last a minimum of ten minutes, although as the morning progressed the flights often lasted twice as long due to the warmer air currents. There were to be two or three glider flights in the air at any one time, each launched by cable. Each glider had a qualified instructor pilot and a ground team to help the 'flier' into the cockpit. And soon it was our own turn to board. Our pilots sat in tandem behind us and went through all the relevant instructions very clearly. Once strapped in and with glass hoods secured, it was time for launch!

What a sensation! Excitement mounted as each glider began to rumble along the grass field. The actual take-off was a steep but exhilarating climb and once our cables had been released our gliders were soon soaring above suburbia on rising air thermals. The view was magnificent --- almost 360 degrees at times. Our gliders soared and turned so effortlessly and so quietly in the early summer sky, while our pilots explained everything perfectly for us.



All too soon our allotted times came to an end as we glid so gracefully back down onto the field. After landing we helped our pilots to walk the gliders over to where the next eager 'fliers' were waiting. All three of us were on 'cloud nine' afterwards - we wouldn't have missed the experience for anything! Here's to the next time!

Terry Dyer, Jan Gwinnell and Sue Nichols

We sincerely hope you decide to come and give it a go too - Every year, supporters who come gliding for the first time tell us afterwards it's truly a "once-in-a-lifetime" experience!

But be aware there are only 40 flights on the day - 20 morning sessions (arrive at the airfield 9.30am-10.30am) and 20 afternoon ones (arrive 12pm-1pm). You can turn up and take "pot luck" on the possibility of a spare flight (paying on the day, with or without sponsorship) but it's best to book in advance via our office to make sure of a place - our "Gliding Info Pack" has full details.

May - In conclusion

If you can't make it to any May fundraising events we nevertheless appreciate your ongoing support, and we hope you have a great Bank Holiday weekend!