

# How to do a Sponsored Sky Dive

Get sponsored to do a tandem skydive. Perfect for thrill-seekers!

## Step 1 - Book Through A Licensed Centre

- Choose your date
- Pay the deposit

## Step 2 - Set Your Fundraising Goal

- Set the amount you'd like to raise

## Step 3 - Launch Your Sponsorship Page

- Create your JustGiving page, search for Rochdale and District Mind (Charity No. 519916) and add us as your charity of choice
- Add bold headline: "I'm jumping out of a plane!"
- Share video updates

## Step 4 - 6-8 Week Promotion Plan

- Weekly reminder posts
- Countdown posts
- "Sponsor me £5 for courage!"
- 2 weeks before your jump, get in touch with us so we can send you a Rochdale and District Mind t-shirt

## Step 5 - Jump Day

- Wear your Rochdale and District Mind t-shirt
- Record reaction video
- Post a thank-you afterwards
- We'll be in touch with an official thank you letter and certificate, as well as celebrating your achievements on our social pages (with your permission).

