



What you have to do?

1. **Gather** a team between 2-4 people.
2. **Register** your team via the Alan's Challenge page on our website or complete your sponsorship pack and return it to your sales representative or to marketing@ajwdistribution.co.uk
3. We would like you to **raise** well needed funds for our chosen charities Headway Cambridgeshire & Headway Suffolk.
 - You can raise money online on our Just Giving Alan's Challenge page.
 - You can raise money on your sponsorship form.
 - Or you can even combine the two.

Those who raise over £500 will be entered into a draw to WIN one of our CASH prizes.

1st prize **£1000**

2nd prize **£500**

3rd prize **£250**

Registration closes on the 15th August. All sponsorship forms must be returned by the 15th October. Winners of the prizes will be drawn at the end of October.

4. ON THE DAY

The event starts at 10am on the 15th September 2018.

All you have to do is complete the assault course whilst ensuring a cardboard cutout of "Alan" is kept in the best condition as possible.

Meet the suppliers and get to know more about our new Bury St Edmunds depot.

Food & drinks will be served throughout the day.

The day will be packed with other challenges and special prizes. **Don't miss out.**

Are you game enough to take on the challenge?

Numbers are limited so sign up soon to ensure your team doesn't miss out.

"It's also a great bonding exercise for friends and colleagues."

T&C's apply. Please visit our website for more information.



How to find us ?

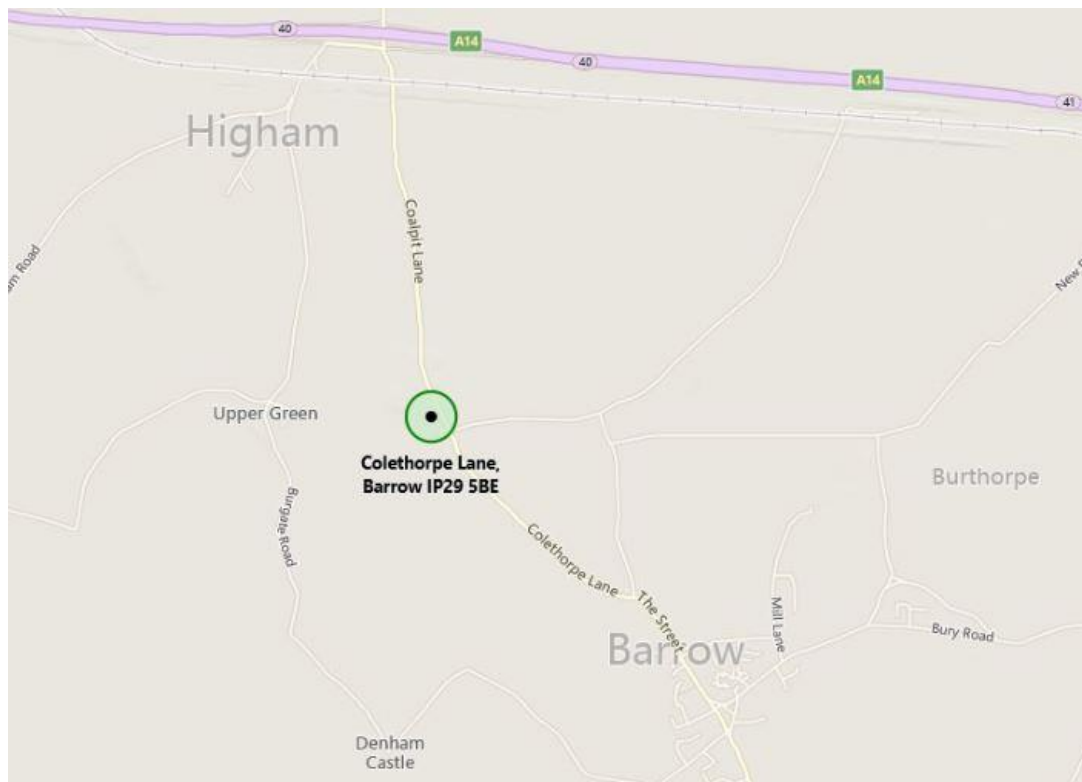
Address:

The Playground Assault Course

Colethorpe Ln, Barrow,

Bury Saint Edmunds

IP29 5BE



"The course is a great challenge if you really want to push yourself and discover what you're physically capable of. You'll get muddy and you may well get wet – but that feeling at the end, when you realise you've beaten the challenge and raised funds for a cause that needs your help, is brilliant"



Why Headway Cambridge & Headway Suffolk?

These charities have been nominated by our staff who have personal experience of the amazing work they do and so we are looking to raise as much as possible for them on the day.

About Headway

Every year at AJW Distribution, we chose a main charity on which to focus our fundraising efforts. This year, we have chosen to support Headway Cambridgeshire; a charity for people with a brain injury and those who care about them.

Brain injury can be a life changing experience and people often need support after they have been discharged from the hospital or a rehabilitation centre.

Headway Cambridgeshire is the only local organisation that provides an on-going service which is designed to enable brain injured people along with their families and carers, to move on with the next stage of their lives.

Each day approximately 11 people in Cambridgeshire are admitted to hospital with a brain injury. For many of these people this is a life-changing event that requires dramatic readjustments. Anyone could suffer a brain injury at any time and the effects of that brain injury can be wide ranging, which means that each individual with a brain injury will have very different and complex needs. The problems that people with a brain injury, and their families, face every day affect every aspect of their lives, including their finances, employability, housing and relationships. Without support many would become isolated, distant from the communities they live in and face declining physical and mental well-being.



Sarah
AJW Distribution

"Headway is a charity close to my heart as my husband goes there on a weekly basis. It's for people suffering from head injuries, neurological problems and strokes. It's been an enormous help for him, giving him a day out and the opportunity to meet people in similar circumstances"



Adrian Cambridge
AJW Distribution

"In 2003, my father suffered a brain injury that changed his life. With the help and support of Headway charity, over the last 15 years, my Dad has got his life back. They have taught Dad everything he needs to know again to live a normal life."



Registration Form

Please **return** to your AJW sales contact or to marketing@ajwdistribution.co.uk

Your Details

Name:

Email:

Telephone:

Address:

Team Details

Company:

Team Name:

How many in your team? (2-4 team members)

First team member	
Second team member	
Third team member	
Fourth team member	

How much sponsorship do you think you can raise?

- £0-£250
- £250 - £500
- £500+

'It's not about how fit you are it's about how much fun you can have completing the course and how much money you can raise for Headway'

GDPR*

By enquiring, or registering your team, you understand that AJW will store your details for the purpose of organising, managing and keeping you informed about this event only. You will NOT be signed up to our marketing newsletter unless you have opted-in and given consent. Please find T&C's on the website



A guide to creating your Just Giving team page

A team page allows you and your friends to join your individual fundraising pages together. They're great if you want to raise money separately whilst still contributing to a larger team goal.

The page will list everyone's individual page, as well as the different charities you're raising money for and the collective total you've raised together.

Once you've finished, your team page will look a little like this:

JustGiving is raising money!



[Log in](#)

Thanks for visiting our team fundraising page.

We've joined together to raise money for charity. You'll see our team fundraising target on the right. Your donation can really help us smash this goal

Remember: Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving - they'll never share them with anyone or send you unwanted emails. Once you donate, they'll send your money directly to the charity. They'll make sure Gift Aid (an additional 25%) is reclaimed on every eligible donation by a UK taxpayer, too. That means more money goes to the charity, faster, with JustGiving.



Team target: **£500.00**

Raised so far: **£0.00**

[Log in](#)

0

[Tweet](#)

Team members [Join the team](#)

Sort by:

Name	Fundraising progress	Raised so far	
 JustGiving Consumer Help Demo charity 2	0 donations <div style="background-color: #76923c; width: 100%; height: 10px; display: flex; align-items: center; justify-content: center;"> 0% </div>	£0.00	Donate
 JustGiving Consumer Help Demo Charity 1	0 donations <div style="background-color: #76923c; width: 100%; height: 10px; display: flex; align-items: center; justify-content: center;"> 0% </div>	£0.00	Donate

Charities we support

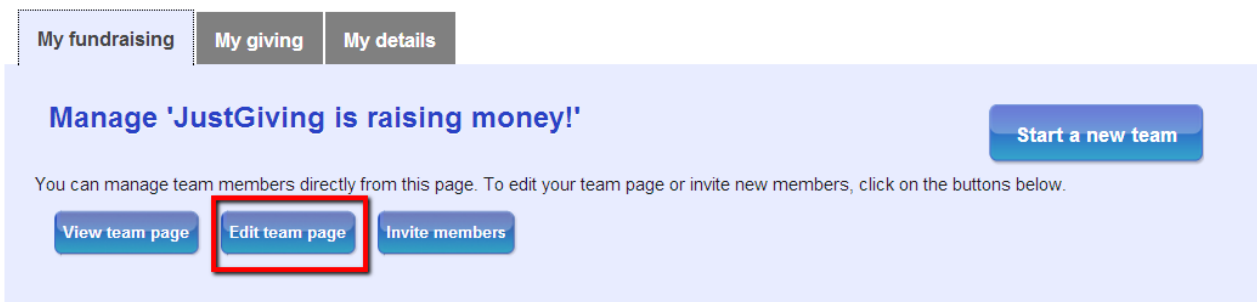


How to create a team page

1. Log in to your account.
2. In the top right hand corner of the screen, click on your name and select 'Your Fundraising'.
3. Click 'Start a new team'.
4. Name the team and choose the team's web address.
5. Decide if your page is going to be open (anyone can join) or closed (you'll need to authorise new team members).
6. Set the team's fundraising target.
7. Choose one of your fundraising page to add to the team.
8. Click on 'Make a team page'.

How to edit your team page

Once you've set up a team page, edit it by clicking your name in the top right hand corner and selecting 'Your Fundraising'. Click on your team under 'Teams you have started' and select 'Edit team page'.



From here, select the relevant 'Edit' button to:

- Change the title of your team page
- Add a photo
- Add a logo
- Add a story
- Add a target
- Change the default order in which team members are listed.

Prefer to fundraise as a group on the same page?

If you and your team mates are fundraising for the same charity and would prefer to use the same page, [create a regular fundraising page](#) and list all of your names in the story section. Choose a web address that reflects your team name, you could also [update the name in the account to reflect your team name](#).



Sponsorship Form

Event: Alan's Challenge

Date: 10am - 15th September 2018

Sponsored Charities:

Headway Cambridgeshire *Charity No 1062886*

Headway Suffolk *Charity No 1075338*

Your Details

Name:

Address:

.....

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Email:

Phone:

If you would prefer to raise money to your own chosen charity please add their details below.

Charity's name:

Charity number:



GIFT AID your sponsorship and help us claim from the government an extra **25p for every £1** you give. Imagine what a difference that could make **and it doesn't cost you a penny!**

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

giftaid it



Tick here to Gift Aid your donation. It's that simple!

Full name	PLEASE COMPLETE FOR GIFT AID			Contact Number	Sponsor amount	Paid
	House no/name	Postcode (home address only)	I'm a tax payer (please tick)			
<i>eg. Joe Bloggs</i>	<i>10</i>	<i>WF8 4BG</i>			<i>£10</i>	<input checked="" type="checkbox"/>
Total						



Full name	PLEASE COMPLETE FOR GIFT AID			Contact Number	Sponsor amount	Paid
	House no/name	Postcode (home address only)	I'm a tax payer (please tick)			
<i>eg. Joe Bloggs</i>	<i>10</i>	<i>WF8 4BG</i>			<i>£10</i>	<input checked="" type="checkbox"/>
Total						