

Dear All,

As some of you will already know and, for the benefit of those who don't yet, this September I will be heading over to England to attempt a solo crossing of the English Channel.

Through my attempt, I am raising funds for the Inspire Foundation (<http://www.inspire.org.au>) which is a non-profit organisation that provides online programs (www.reachout.com) to help prevent youth suicide and to improve young people's mental health and wellbeing. (Please find attached a letter of endorsement from the Inspire Foundation.)

We're having a big fundraising night on **Saturday 28 August** at Paddington RSL: <http://www.paddorsl.com.au>. The night kicks off at 7pm and there will be trivia, entertainment and dancing, etc. There will be 25 tables, each seating up to ten people, so I hope that we can get as many people there as possible and make the night a great success. I'll send out further info on this soon, as well as how to book a table, but please save the date.

I am requesting support for the following:

1. Prizes. We are looking for prizes, both large and small, for the raffle, as well as spot prizes for the games and trivia. Please contact me if you would be able to donate anything from your workplace / business / profession. To date, we have a donation of a therapeutic massage from a physiotherapist and we'll need a few more than that! Whatever you can offer would be fantastic.
2. Personal Donations, no matter how small. The best place to donate is via the link here: <http://helenswims.blogspot.com> (see the link in the right column) and you'll get a tax deduction receipt sent to your email address.
3. Corporate sponsorship. If you work for a large organisation that might be able to help me cover any of my costs, my butt cheeks are for hire. As I am trying to put on weight for added insulation, the billboard is increasing in size (not too many sponsorship opportunities on a cossie but I do also have two sides of a swimming cap.) I will be happy to take part in any promotional activities your organisation might require (depending on how much personal dignity I have to surrender.) As I would like to promote positive mental and physical health, we will not be accepting sponsorship from tobacco / alcohol / gambling companies (although any organisation can donate via the above link.)

If you have any questions on the above or if you require any documentation, such as a formal request for your workplace, please don't hesitate to contact me – 0414 226 015.

Thank you all in advance for your support and I look forward to seeing as many of you as possible on the 28th.

Cheers

Helen