

**DARE TO DIVE
FOR
PALESTINE**



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pennyappeal
small change. big difference

Registered Charity No: 1126341

ABOUT PENNY APPEAL

Penny Appeal was founded in 2009 to provide poverty relief across Asia, Africa and the Middle East by offering water solutions, organising mass feedings, supporting orphans and providing emergency food and medical aid.

Since then we have saved lives and transformed communities around the world, helping to break the cycle of poverty and build better and brighter futures for those less fortunate than ourselves. Our work and our teams have grown considerably in the past few years, allowing us to launch new campaigns and work in even more crisis-hit countries.

All our projects are carefully designed to be both accessible and effective. They are a blend of emergency support, short-term relief and longer-term sustainable interventions. This multi-focus approach means we can save lives immediately, improve situations in the coming days and weeks, and transform communities for years to come, giving desperate people the support they need depending on their situation.



ABOUT THE CAUSE

Penny Appeal has had ongoing involvement in Palestine, with particular attention placed on Gaza, tackling immediate needs as well as creating sustainable solutions and investments that have ongoing benefits to the community.

Your fundraising will support Penny Appeal's Love Palestine campaign with funds designated to four different projects:

1. Food Parcel distribution to Families suffering from Chronic Food Insecurity

We provide Palestinian camps with nutritious food parcels, containing enough staple food to provide a family of six with good food for a whole month.

We also provide fresh food parcels, working in close collaboration with local farmers, supplying vulnerable, women-led families with fresh fruit, veg and meat on a weekly basis.



2. Empowering Palestinian Farmers to Grow their Businesses

Olive Trees are culturally and economically significant in Palestine. They provide the main source of income for around 8,000 Palestinian families and contribute to approximately 14% of the Palestinian economy. Over 1 million Olive Trees have been destroyed by the on-going conflict. We are empowering Palestinian farmers by supporting and expanding their Olive farms. We provide the seedlings, the protection fencing, and irrigation so that the seedlings can grow in to trees and provide a sustainable income for families in Palestine for generations to come



3. Rooftop Garden's to provide Women with a Sustainable Source of Income and Crops

In Palestinian refugee camps, food security is declining while unemployment and dependency on external aid are rising. Women and young people in particular have limited opportunities under the military and social constraints. The rising prices of food also has an impact on the fresh produce households have access to. By constructing rooftop gardens, we are able to support women led households by providing them with training to grow their own home crops, as well as being able to raise income through selling their produce.



4. Emergency Response in Gaza

At least 1.9 million Palestinians experience, or are at risk of, conflict, violence and displacement. The most vulnerable Gazans are currently denied or restricted in their access to essential services such as water and health care. One in two Palestinians, or roughly two and a half million people, need some form of humanitarian assistance.

• Improving the Health of School Students through Clean Drinking Water

The water situation in Gaza is alarming, 90–95% of the territory's water contaminated by sewage, chemicals and seawater. The water supplies at many of the schools in Gaza are also contaminated; and drinking dirty water has caused many health issues for students. Penny Appeal has procured and supported many water tankers to supply schools in Gaza with clean drinking water, to improve the lives of the students.

• Emergency Food Parcels for Orphan Families

We provide fresh food parcels in Gaza, working in close collaboration with local farmers, supplying vulnerable families with fresh fruit, veg and meat on a weekly basis.

• Medical Aid

During times of intensified violence, we support local medical centres with medical supplies, training on new techniques to treat patients and running local ambulances.

• Fuel Aid

Gaza's chronic emergency crisis has left essential services barely able to function, and approximately two million inhabitants with power cuts up to 20 hours per day. Our projects relieves the electricity crisis by providing emergency fuel to local municipalities to run water pumps, garbage collection trucks,



THE SKYDIVE

You will be doing a tandem skydive, which means you will be securely strapped to an instructor for the jump. You don't need any prior experience and will receive full instructions on the day.

You will exit the aircraft from an altitude of up to 10,000 feet securely strapped to the front of your instructor, who will control the free fall element of your skydive, open the parachute for you at around 5000 feet, and then steer your parachute safely back to the landing area for a controlled landing.

Please note, your instructor is likely to be male.

Please be sure you will be comfortable with this before registering for this challenge.

ON THE DAY

Penny Appeal's Skydive challenge is a national challenge and we want as many people to join us as possible.



We will not be providing transport for the Skydive. Please make your own travel arrangements. If you travel with family & friends, they can stay and support and watch you fall out of the skies.

Please make your own way to the skydiving centre, but you'll have to arrive at our meeting point by 6:30am.

Skydive centre address:

Chatteris Airfield
Block Fen Drove
Wimblington
March
PE15 0FB



SIGN ME UP!

As soon as you're ready to sign up for Dare to Dive, please go to www.pennyappeal.org/event/dare2dive and click the register button to complete the form.

To secure your place you'll need to pay a booking fee of £50 immediately. Once this is paid your place is reserved and you are committed to raising the total amount.

Please note: Places will be allocated on a first-come, first-served basis and spaces are limited. The ONLY way to secure your place is to pay the deposit.

PAYING YOUR DEPOSIT

The best way to pay your £50 deposit is through our website. Visit the Dare to Dive page at www.pennyappeal.org/event/dare2dive and pay by credit or debit card using the payment box to the right.

PAYING YOUR SPONSORSHIP MONEY

All participants are asked to raise at least £500 on top of the £50 deposit. The total fundraising amount must be sent to Penny Appeal on or before the day of the challenge. You can send funds in advance in several ways using one of the following options:

ONLINE GIVING

If you've set up an online giving page at JustGiving.com, the donations on your page will be transferred to us automatically. Simply click '[start fundraising](#)' on our Justgiving campaign page to get started,

OFFLINE FUNDRAISING

If you prefer to collect cash, you can download a sponsor form using the link on the Dare 2 Dive webpage. Once you've collected all of your cash, contact taksima.ferdous@pennyappeal.org for instructions for cash submission.

FUNDRAISING TIPS

ONLINE DONATIONS

The quickest and easiest way to collect donations and sponsorships is to set up an online giving page.

Your friends, family and colleagues can donate online and the money comes straight to Penny Appeal. Your donors can also Gift Aid their donation if they are a UK taxpayer - this costs them nothing and means an extra bit of cash for us so please encourage them to do this.

SPONSORSHIP FORMS

Print out the Penny Appeal sponsorship form [here](#) and ask your friends, family, neighbours and colleagues to sponsor you for taking on the challenge.

SOCIAL NETWORKS

Make the most of your online networks like Facebook, Twitter, YouTube, Snapchat, Instagram etc. A thought-provoking, informative or funny update could go a long way and bring in extra donations.

Be sure to join us on our social media networks too (search for Penny Appeal) and we'll spread the word and keep you updated.

EVENTS AND ACTIVITIES

If you need an extra boost to your sponsorships and donations why not host an event or activity? A cake sale at work, non-uniform day at school or a masjid collection could help you reach your fundraising target.

HEALTH AND SAFETY

The maximum weight limit for tandem skydiving is strictly 16 stone (clothed with shoes). For anyone over 15 stone (clothed with shoes) there will be an additional cost of £10.

All participants are required to sign a tandem student declaration of fitness form on arrival. Anyone with a listed medical condition or aged 40 or over will need to get this form signed / stamped by their doctor and to bring it with them on the day.

Anyone under the age of 18 will require the same declaration form to be witnessed by a parent or guardian in addition to providing parental consent on a BPA membership form.

The minimum age is 16. There is no upper age limit for this course.

WEATHER!

As you are all very well aware, UK weather is very unpredictable. To minimise the risk of anyone's jump being rearranged we will all aim to get there first. The risk if weather is poor is late start for jumpers meaning some may have to come another day.

Another risk is everyone's jump being rearranged. The centre will be keeping a close eye on the weather on the lead up to the event but we request everyone be patient as the weather is not in our hands.



FAQS

How long will it take for my challenge?

This all depends on the weather and how many people are queuing up before us. Be prepared to spend most of the day there.

What food shall I bring?

Please bring enough food to last the day, including the outward and return journey. We recommend not eating anything heavy before the jump as some people may feel a bit queasy. Remember it is like the ultimate adrenaline junkie ride!

I have an injury but I want to take part, what should I do?

We appreciate and admire everyone's passion to help others, however we do not want people to risk their well-being for this challenge and we would advise that you sit out this challenge and wait until the next one; alternatively you can consult a GP.

What if I do not raise enough by deadline day?

Everyone will need to raise the minimum amount they have specified. If you have not hit your target by 15th July you run a risk of not being allowed to take part in the challenge, although we have confidence that everyone will hit their targets.

Will I be able to get pictures and videos?

If you would like a qualified camera person to jump with you and take photos or/and videos, the Skydiving company offers a variety of packages ranging from £80 to £150. They can organise this on the day so don't worry just make sure you bring enough money with you!

Can I request a female instructor?

Unfortunately it is unlikely that you will have a female instructor for your tandem skydive. You will be securely fastened to the front of your instructor throughout the jump – please be sure that you are comfortable with this before signing up for the challenge.

Is it safe?

While there is an inherent risk with any extreme activities, this is very minimal. You will be accompanied by a fully-qualified instructor at all times and the centre has many years of experience, having completed over 70,000 tandem skydives since opening in 1997.

What is your donation policy?

All donations made to Penny Appeal go on towards supporting our programmes. Naturally, there are essential and inseparable overheads required in delivering our projects and these are absorbed in the programme cost.

Like every charity, we have basic operating costs, but we recover these through Gift Aid, which is a tax relief from the UK Government and comes at absolutely no extra cost to our donors. As a result, we were able to cover our operating costs for the financial year ending 2016 through the Gift Aid claimed during year 2017.

That's why it's important that if you are eligible for Gift Aid, you allow us to claim this, so we can continue to use donations in the most beneficial and effective way.