

Every jump supports a nurse  
Every pound raised touches a life

# SKYDIVE

## FOR A NURSE FUNDRAISING PACK



Tandem Skydive



From 10,000 ft



Speeds of up  
to 120 mph



Challenge yourself...  
You won't regret it!

## Sunday 14<sup>th</sup> September

Go Skydive. Old Sarum Airfield

[www.salisburyhospicecharity.org.uk](http://www.salisburyhospicecharity.org.uk)

# SKYDIVE

## FOR A NURSE

### Thank you for taking the leap!

We're so grateful you've signed up to take part in Skydive for a Nurse in support of Salisbury Hospice Charity.

By fundraising for this challenge, you're doing something truly special. Every penny you raise will help fund vital nursing care and support for patients and families when they need it most. Our nurses are at the heart of everything we do, providing compassionate, expert care every day – and your efforts will ensure that care continues.

Thank you for being part of this.

**Now, let's get started!**



# FAQS

To make sure you're ready to take the leap with confidence, we've put together some Frequently Asked Questions for you.

## **1. When and where do I go for my skydive?**

Skydive for a Nurse takes place at GoSkydive in Old Sarum. The first jump is set to take place at 9AM (weather depending!), so we ask that you arrive at least 45 minutes prior at 8:15AM.

## **2. What should I wear to go skydiving?**

You will be provided with a jumpsuit, so please wear comfy, suitable clothing for the weather conditions. It's ideal to have layers now we're heading into the cooler months. No high collars or zips. For footwear, flat, tight fitting shoes with no hooks, heels or buckles, laced up trainers are best.

## **3. How long does the experience take?**

Tandem skydiving is weather dependent, so it's difficult to predict timing. GoSkydive will provide a weather update by 5pm the day before your jump, but as conditions can change, please allow the whole day for your skydive experience.

# FAQS

## 4. Can I bring spectators?

Friends and family are very welcome! There's free parking, a café, outdoor seating, and space for supervised children. Dogs on leads are allowed, though it can get busy and may not be ideal for them in summer. Ball games and remote-controlled toys aren't permitted.

## 5. Can I take my own phone or camera on my skydive?

Only specialist instructors can film tandem skydives under British Skydiving rules. GoSkydive video packages start from £119.

## 6. Can I wear prescription glasses or contact lenses?

Absolutely! You can wear glasses or contact lenses—goggles are provided. Just let your instructor know if you have contacts.



## 7. Will there be refreshments?

Tea, coffee, water, and light snacks are provided, but we recommend bringing food due to unpredictable timings. There's also a café on-site.



## About Salisbury Hospice

At Salisbury Hospice, we understand the profound impact of a progressive, life-limiting illness - not only for those diagnosed but for their families and loved ones.

We offer our patients compassionate, palliative and end of life care, providing comfort, and guidance at every step of their illness. Our services extend not only to patients but also to their family, caregivers, and friends, offering the support they need to navigate this difficult time.

All of our specialised services are provided at no cost to those in need. Our ability to continue this vital work relies heavily on the generosity of our community through donations and fundraising efforts.

With your help, we can continue to bring peace, support, and quality of life to those who need it most. Together, we can ensure no one faces death alone.





## Our Services

### **Inpatient Unit**

The Inpatient Unit has 10 beds for patients with complex specialist needs. Patients are admitted from both the community and the main hospital or are referred by their GP. Specialist teams of consultants, ward doctors, nurses and therapists provide symptom control and expert palliative and end of life care.

### **Community Palliative Care Team**

The Community Palliative Care Team serves a broad area-from Ringwood in the south to Upavon in the north, Bramshaw in the east, and Mere in the west. Clinical nurse specialists, trained in managing complex needs at home, work closely with GPs, hospital teams, and community services to deliver the best possible care.

### **Hospital Palliative Care Team**

Salisbury Hospice is unique in having a Hospital Palliative Care Team which provides expert support for patients with complex symptom management and end of life care needs within Salisbury District Hospital. The team can be called upon by other medical professionals within the hospital for advice.

### **Hospice at Home**

Hospice at Home provides support for patients who wish to be cared for and die in the familiar surroundings of their own home. Designed to offer flexibility, comfort, and dignity, this service plays a vital role during times of crisis and in the final days of life.



## Our Services

### **Peter Gillam Support Centre**

The centre provides social support for both inpatients and patients from within the community, as well as support for carers. The centre is a place where patients can relax and take part in a variety of therapeutic activities such as art, music and dance therapies, aromatherapy and reflexology.

### **Family Support Team**

The Family Support Team helps patients and their families living at home - providing psychological support to help with adjustment for those living with a life-limiting illness. Our Bereavement Service, led by the Family Support Team and assisted by a team of specially trained bereavement support volunteers, ensures relatives continue to be supported after the death of their loved one.

### **Therapy Team**

Our therapy team specialises in helping patients remain independent for as long as possible. The team includes an occupational therapist, physiotherapist, and two therapy assistants. They advise on exercise programmes, energy conservation and relaxation, as well as managing symptoms such as breathlessness, fatigue and pain. We also offer a wide range of complementary therapies.

### **Education**

The palliative care team provides training for other health professionals including GPs, district nurses and hospital medical and nursing staff who are dedicated to improving standards of general palliative care. Training and support for carers is also provided.



## Fundraising Your Way

**By taking on this incredible challenge, you're doing something unforgettable – not just for yourself, but for local patients and families who rely on the care Salisbury Hospice provides.**

Every pound you raise helps ensure that our nursing team can continue offering compassionate, expert care – completely free of charge – when it's needed most.



### **Fundraising**

Anything that raises money for charity is fundraising. This is vital to enable Salisbury Hospice to continue to offer the services that we do, all of which are free to patients and their families at the point of need.

### **Fundraise your Way**

If you're thinking about organising your own fundraising event or would like to explore some ideas, we're here to help! We can support you in many ways - providing bunting, collection buckets, and information for your event, giving talks at dinners, lunches, or group meetings, or promoting your event through our social media and website. We'd love to hear from you!





## Case Study: Sophia's Skydive in Memory of Her Dad



When Sophia's beloved dad was diagnosed with cancer, he faced the illness with strength, humour, and unwavering positivity. After three courageous years, he spent his final weeks under the care of Salisbury Hospice — a place that quickly became a source of comfort, compassion, and unwavering support for both him and his family.

*"He went into Salisbury Hospice for the remaining weeks he had left and was still determined he was coming home – and he did! All thanks to the care he was receiving there."*

**Sophia witnessed first-hand the incredible difference hospice care makes. After some time at home, her dad returned to the hospice where he continued receiving the best possible care until the end of his life.**

*"The staff were so supportive to the family and Dad had the best care he could have. Salisbury Hospice are such an amazing team!"*

**Wanting to give something back, Sophia decided to take on a skydive in memory of her dad. It was a deeply personal and emotional experience.**

*"Wow – what an experience! It was absolutely amazing, and I felt Dad was with me the whole time. There was even a rainbow with my shadow in it - that really got me."*





## Case Study: Sophia's Skydive in Memory of Her Dad

With an original goal of £500, Sophia's skydive went above and beyond — raising an incredible £1,450 for Salisbury Hospice.

*"After my skydive, I went to visit Salisbury Hospice to present a cheque. I also brought one of my flower cupcake bouquets, featuring flowers that were on Dad's bedside — lovingly grown in the hospice garden. It felt so special to give something back."*



Sophia's story is a testament to the love and gratitude families feel for Salisbury Hospice. Her strength, generosity, and heartfelt tribute through her skydive continues to make a real difference.

*"Raising money for the hospice means so much to me, my mum, and my sisters — so they can keep giving the best end-of-life care."*





## Calendar of Events



### June

Do you have a glorious garden? How about opening your garden for a donation – and even getting your friends and neighbours to join in! Perhaps an afternoon tea, too...



### July

BBQ and Wimbledon final? Create your own Centre Court with your friends, and make a donation to the Hospice for every hour the match goes on!



### August

Arrange a Coffee Morning for your friends, family, or colleagues. With our Coffee Morning Fundraising Pack, it couldn't be any easier to organise!



### September (Skydive Month!)

A good month for a clear-out! Why not sell your old possessions and generate some cash for the Hospice?

# Coffee Morning Fundraising Pack

## You're invited to my Coffee Morning!



I'm organising a coffee morning to support Salisbury Hospice Charity. Join us for a cup of coffee and some delicious cake, all while helping to raise vital funds!

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Place: \_\_\_\_\_

More info: \_\_\_\_\_

RSVP to: \_\_\_\_\_



There's nothing better than coming together over a warm cuppa — and now, you can do just that while raising vital funds for Salisbury Hospice!

We've created a Coffee Morning Pack filled with everything you need to host a meaningful and memorable event. Whether it's at home, at work, or in your local community space, our pack will help you make your event a success, from start to finish.

## What's inside the pack:

- Printable posters to spread the word
- Invitations to share with friends, family, or colleagues
- A checklist to ensure you are prepped and ready for the day
- Tips, tricks and ideas to help you make the most of your event

## Coffee Morning Checklist

Make sure you have everything in place for a successful Coffee Morning by following this handy checklist.

### Planning

- Choose a date, time, and location
- Set a fundraising goal
- Invite guests - in person, via email, or social media
- Prepare your event (cake included posters and invitations)
- Plan your menu - homemade cakes, bought cakes, bakery options, drinks
- Get supplies - mugs, napkins, milk, tea, coffee, sugar, serving plates
- Prepare a donation station - collection tin, QR code, or online giving link
- Print materials - banners, posters, donation form, Gift Aid form
- Set up a fundraising or fundraising page (if you want to fundraise online)

### On the Day

- Arrive early to set up tables, chairs, signage, decorations
- Display your donation station clearly
- Welcome your guests warmly
- Tell people why you're fundraising for Salisbury Hospice
- Take photos to share the fun and thank your guests later
- Encourage Gift Aid if people donate cash
- Keep track of cash donations using our tally sheet

### After the Event

- Count and record the money raised
- Pay to your donations
- Thank your guests and supporters
- Send us your photos - we'll love to celebrate your efforts!
- Feel proud! You've helped make a difference



Whether it's big or small, every coffee morning makes a difference. So pop the kettle on, gather your people, and enjoy doing something wonderful for local hospice care! Download the pack or request a printed version today — we can't wait to see what you create!



## Tips for a Success

### 1. Spread the word

Tell everyone about your skydive! Share your story on social media, in group chats, at work, or even in your local community. The more people who know, the more support you're likely to receive.

### 2. Share your Enthuse fundraising page

Make sure your Enthuse page is up to date with a photo and personal message – then share it far and wide. Don't be afraid to post reminders and updates as your big day approaches!

### 3. Keep it personal

Let people know why you're taking part. Sharing your motivation helps others connect with your challenge and the amazing cause you're supporting.

### 4. Set a goal

We have set a minimum target of £450 for you. A target gives people something to rally behind – and you'll be surprised how many want to help you reach it!

### 5. Say thank you

A quick message or social media shout-out can go a long way. It keeps people engaged and shows how much their support means.



## Contact Us

If you have any questions, need fundraising materials, or would like additional support, please don't hesitate to get in touch.



Salisbury Hospice Charity  
Odstock Road  
Salisbury  
SP2 8BJ



neve@salisburyhospicecharity.org.uk



01722 416353



www.salisburyhospicecharity.org.uk



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