



TLC
Teddis for
Loving Care
Essex



AeroTed's Skydiving Challenge

Fundraising pack

Dear Brethren, Friends and Fundraisers,

Thank you for taking the leap! Literally and figuratively, for TLC Essex.



By signing up to take part in the AeroTed Skydive, you're not just facing an exhilarating personal challenge. You're also making a very real difference to thousands of children across Essex who find themselves in hospital emergency departments every year, often frightened and overwhelmed. The simple comfort of a teddy bear, our signature TLC bear,

can bring reassurance, calm and even a smile in those difficult moments. Thanks to you, we can keep delivering that comfort.

What makes this event even more special is that TLC Essex will cover the majority of the cost of your skydive. To confirm your booking, we ask each participant to contribute a £50 deposit. This helps secure your place and ensures we can plan the event efficiently. The rest of the jump cost is covered by TLC Essex, meaning that every pound you raise beyond this goes directly to the cause. Your fundraising target of £1,000 will help us continue to supply teddies to hospitals across the county, ensuring no child faces distress alone.

There's more: your contribution also counts toward your Lodge's Patron Status. That means your jump helps strengthen your Lodge's legacy of compassion, community and charity within the Province of Essex. It's a win-win, for you, your Lodge, and most importantly, the children we serve.



Whether you're a thrill-seeker or facing your fears, we're incredibly proud to have you on board. Inside this pack, you'll find everything you need to hit your target, spread the word, and share your story. Don't be afraid to ask for support, people will be inspired by your bravery and the cause behind it.



On behalf of everyone at TLC Essex, thank you for taking part in this unforgettable event. We can't wait to see you in the skies.

With heartfelt thanks,

Paul Reeves

VW. Bro Paul Reeves
Chairman, TLC Essex
Teddies for Loving Care



Key Facts & FAQ's

About TLC Essex

The **Teddies for Loving Care (TLC) Appeal** was founded right here in **Essex nearly 25 years ago**, with one simple but powerful aim: to **provide comfort and reassurance to children** attending A&E departments during times of trauma, fear, or distress.

That idea has since spread across the UK and beyond, with TLC now operating in every Masonic Province in England and Wales, and even internationally. But Essex remains its proud birthplace and still leads the way.

Today, **TLC Essex provides teddies to all eight major hospitals in the county**, as well as **several walk-in centres**, ensuring that children across Essex receive the comfort of a bear when they need it most. Each teddy is gifted by local Freemasons and funded entirely through donations, with no cost to the NHS.

As we approach our **25th anniversary**, we are more committed than ever to continuing this simple act of kindness that has brought reassurance to **millions of children** and their families across Essex.



Understanding Your Fundraising Target

Your personal fundraising goal of £1,000 is a vital part of the TLC Essex AeroTed Skydiving fundraiser, and here's why it matters:

- ❤️ Each teddy costs just £2.40–£2.50 to supply to hospitals, meaning your £1,000 could fund over 400 TLC bears — that's 400 opportunities to provide comfort and reassurance to a child in distress.
- 🧸 Every penny goes to charity – TLC Essex is covering the cost of your skydive, so 100% of your fundraising goes directly to supplying teddies to all eight hospitals and walk-in centres across Essex.
- 🏛️ Support your Lodge's legacy – Your contribution counts toward your Lodge's total for achieving TLC Essex Patron Status, helping to showcase your Lodge's charitable spirit in action.
- 💬 It's achievable with support – From Lodge raffles and sweepstakes to online sponsorship and family donations, many small actions can quickly build to a big result. This pack includes everything you need to get started.

⚠️ Please note: While TLC Essex is covering the majority of the skydive cost, with just a £50 deposit required from each participant to confirm their booking. If you do not meet the target of £1000 a charge of £200 may need to be applied. This ensures the event remains sustainable for the charity while allowing 100% of your fundraising beyond that to go directly toward providing TLC teddy bears. Your deposit confirms your place. It is non-refundable but counted as part of your commitment to the event.

We're here to support you every step of the way. Remember the money you raise will bring a smile, a moment of calm, and lasting comfort to hundreds of children across Essex.

Partnering with GoSkydive

We're proud to be working with GoSkydive, the UK's specialist first-time tandem skydiving centre, to deliver an unforgettable experience for our TLC Essex AeroTed Fundraisers.

GoSkydive is one of the most trusted names in skydiving, with a strong focus on safety, comfort, and supporting charity events just like ours. Their team of professional instructors are highly experienced and specially trained to work with first-time jumpers, making the whole process smooth, exciting, and above all, safe.

Why GoSkydive?

-  Specialists in first-time tandem skydives
-  Full safety briefing and training provided on the day
-  Experienced and fully qualified tandem instructors
-  High-altitude jumps up to 15,000 feet
-  Stunning views over the English countryside
-  Photos and video packages available

Whether you're a thrill-seeker or simply facing your fears for a good cause, you'll be in safe hands every step of the way.

Website: www.goskydive.com

The team at GoSkydive are as excited as we are to welcome our Essex Freemasons and families to this event. So get ready, your journey from the clouds to the cause begins here.

Safety Info & What to Expect on Skydive Day

Delivered by GoSkydive — at Headcorn Airfield, Kent

Your safety — and enjoyment — are at the heart of this experience. TLC Essex is working with GoSkydive, the UK's specialist tandem skydiving provider for first-time jumpers, to deliver an unforgettable day at Headcorn Airfield in Kent.

Here's what to expect:

Arrival & Check-In

- Arrive at Headcorn Airfield (TN27 9HX) at your scheduled time (confirmed closer to the date).
- Check in at reception and complete any final safety declarations.
- Meet your tandem instructor and fellow TLC Essex skydivers.

Pre-Jump Training

- Receive a full safety briefing and demonstration by GoSkydive's expert instructors.
- Learn correct body positioning for the jump and landing.
- Suit up with your jumpsuit, harness, goggles and helmet — all equipment is provided.

The Flight

- Board the aircraft at Headcorn for your ascent — around 10–15 minutes to altitude.
- Enjoy panoramic views over the Kent countryside as you climb to up to 12,000 feet.

🪂 The Jump

- You'll complete a tandem skydive, safely harnessed to a British Skydiving-certified instructor.
- Experience up to 45 seconds of freefall followed by a smooth parachute glide back to the landing zone.
- Total descent time is approximately 5–7 minutes.

🧸 After Landing

- Celebrate with your certificate, a team photo with AeroTed, and optional refreshments.
- If you've purchased a video/photo package, you'll receive a link to your footage to relive and share the moment.
- Join other participants for a group celebration and thank-you from TLC Essex.

🧑🏻👤 Safety & Medical Info

- GoSkydive is fully regulated and operates under British Skydiving standards.
- All instructors are certified, experienced professionals.
- Weight limits apply (Max 18 stone - additional charges may apply over 15 stone).
- Medical forms may be required (e.g. British Skydiving Form 115 if you have pre-existing conditions[attached in the appendix]).

👕 What to Wear

- Comfortable clothes (e.g. joggers, t-shirt, hoodie/layers)
- Trainers with secure laces (no boots, sandals or heels)
- No jewellery or loose accessories

💷 Is there a cost to take part?

Yes - a £50 deposit is required to secure your skydive booking. The remainder of the jump cost is covered by TLC Essex. We kindly ask that all participants aim to raise at least £1,000 in sponsorship for the TLC Appeal.

📍 Location:

Headcorn Airfield, Shenley Road, Headcorn, Kent, TN27 9HX
Event delivered by: GoSkydive – www.goskydive.com
Site info: www.headcornskydiving.com

📅 How to Book Your Skydive

To officially secure your place, please follow these steps:

1. Visit the GoSkydive website:
2. 🖱️ www.goskydive.com/book-a-skydive/charity-skydive
3. In the Charity dropdown, search for **TLC Essex**
4. Our planned dive dates will appear — click the date you'd like to join
5. Click "Add Skydiver" to begin your booking (select under how high? - Raise min £1000)
6. You'll be asked to pay a £50 deposit to confirm your place

This skydive is a once-in-a-lifetime experience — and with GoSkydive at Headcorn, you're in the safest hands while making the biggest impact.



Important Contacts

Jump enquires

martin.sycamore@tlcessex.org.uk

Fundraising page and Marketing support

paul.williams@tlcessex.org.uk

Your Fundraising Tools

We want to make hitting your £1,000 target as straightforward and stress-free as possible, which is why we've included a full set of fundraising tools to support your journey from sign-up to skydive!

Inside this pack, you'll find everything you need to share your story, collect donations, and keep track of your progress:



Online Fundraising Page/Guide

- Step-by-step instructions to set up your personal online fundraising page
- Pre-written story text you can personalise
- How to link your page to the TLC Essex team campaign



Social Media Toolkit

- Ready-to-use images, including TLC AeroTed graphics
- Suggested captions to encourage donations on Facebook, Instagram, and WhatsApp
- Profile picture frame and story stickers to show you're jumping for TLC!



Email & WhatsApp Templates

- Short, punchy messages to send to friends, family, and Lodge members
- A "big push" message for your final week
- Thank-you message templates to show your appreciation

Printable Sponsorship Form

- For collecting offline donations from people who prefer to give in person

These tools are designed to help you stay motivated, raise more, and have fun while doing it. If you need extra copies, graphics, or support — just let the TLC Essex team know. We're here to help you every step of the way.

Online Fundraising Page/Guide

1. Visit the TLC Essex Appeal Page

Go to:

<https://donate.givetap.co.uk/f/masonic-charitable-foundation/e0202-tlc-essex-appeal>

2. Click "Become a Fundraiser"

Scroll down slightly and click the "Become a fundraiser" button.



3. Enter Your Details

You'll be asked for:

- Your full name
- Email address
- Mobile number

These are used to create your personalised fundraising page and send you the link.

4. Personalise Your Page

Once your page is created, you can:

- Add a profile photo (optional)
- Write a short message about why you're skydiving for TLC Essex
- Set your fundraising target (£1,000)
- Share your connection to Freemasonry or TLC Essex if you wish

5. Share Your Link

Once live, your unique fundraising page link will be sent to your email and/or phone.

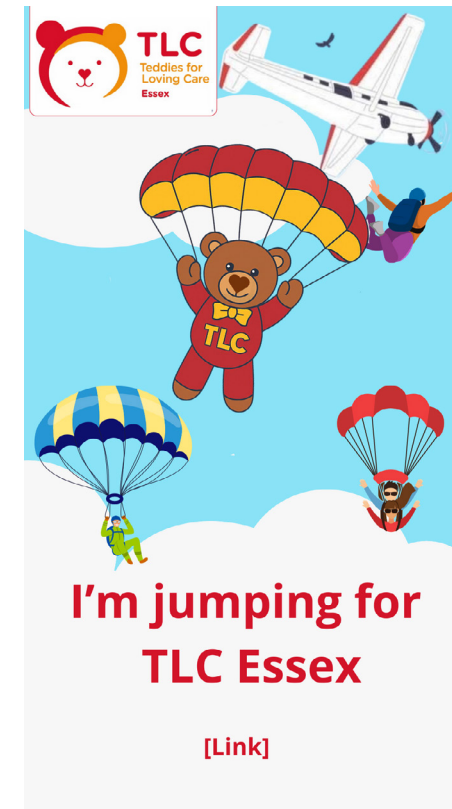
Start sharing it via:

- WhatsApp groups
- Facebook, Instagram, LinkedIn
- Lodge newsletters or meetings
- Email to family, friends, and colleagues

6. Track Your Progress

- You can log in at any time to view donations and edit your page.
- Donations are sent directly to TLC Essex via the Masonic Charitable Foundation.
- Gift Aid is handled automatically where eligible.

Social Media Toolkit



🪂 1. Launch Post – Announce You're Taking Part

I've signed up to jump out of a perfectly good plane... for a brilliant cause!

I'm skydiving to raise £1,000 for TLC Essex, who provide teddy bears to comfort children in A&E.

Every penny goes to the charity – and just £2.50 covers the cost of one bear.

Please help me reach my target!

[Insert your fundraising link]

🪂 #TLCBearJump #SkydivingForCharity #EssexFreemasons #TeamTLC

2. Explaining the Cause

Did you know... TLC Essex gives out thousands of teddy bears to children in distress across ALL 8 hospitals in Essex?

They bring a moment of calm when kids need it most – and they rely entirely on donations.

That's why I'm jumping from 12,000 feet () to help fund even more bears.

Just £2.50 provides one bear. Could you help me give a few?

[Insert fundraising link]
#JumpForTLC #TLCBearJump #SupportLocalCharity
#EssexFreemasons

3. Mid-Campaign Reminder

I'm halfway to my £1,000 target and still heading for the clouds!
Thank you SO much to everyone who's donated already 

If you haven't yet, there's still time to sponsor my skydive for TLC Essex 

Every donation makes a difference – and gets me one step closer to the ground (safely!)

[Insert fundraising link]
#TeamTLC #TLCBearJump #EssexCharity #SkydivingForTeddies

4. Final Push

The jump is just days away! 

I've nearly hit my £1,000 goal for TLC Essex — but I need one final push.

If you can spare the cost of a coffee (£2.50), that's one more bear in the arms of a child in hospital.

Please help me make every second of freefall count.

[Insert link]
#FinalCountdown #TLCBearJump #DoltForTheBears
#EssexFreemasons

5. Thank You / After the Jump

I DID IT!!! 

One skydive, one huge adrenaline rush, and over [insert amount] raised for TLC Essex!

Thanks to you, that's more than [amount divided by 2.50] teddies going into the arms of children across Essex hospitals.
I'm so grateful for every donation and every kind word.

 You made this jump mean something.
#TLCBearJump #SkydivingDone #ThankYou #CharityInAction
#EssexFreemasons

WhatsApp & Email Message Templates

1. Initial Ask – Short & Friendly

Hi [Name]!

I've signed up to do a tandem skydive to raise £1,000 for TLC Essex, who give teddy bears to children in hospital A&Es across Essex.

Every £2.50 funds one bear – and my jump is covered, so all donations go directly to the cause.

Please sponsor me if you can – even a few pounds would mean the world.  

[Insert fundraising link]

Thank you so much!

2. Message for Lodge WhatsApp or Email

Brethren,

I'm taking part in the TLC Essex AeroTed Skydive, aiming to raise £1,000 to support our Provincial appeal providing teddy bears to children in distress across Essex hospitals.

TLC Essex covers the cost of the jump – so all funds raised go straight to the cause.

Every donation helps and also counts towards our Lodge's Patron Status.

You can sponsor me here: [Insert link]

Sincere thanks for your support – I'll see you on the way down!

3. Final Week "Big Push"

One week to go until I jump out of a plane for TLC Essex! 
I'm so close to my £1,000 target — could you help me with a final push?

Every £2.50 gives a child a TLC teddy in hospital.

If you haven't donated yet and wanted to — now's the perfect time!

[Insert fundraising link]

Thank you again to everyone who's supported me so far!  

4. Thank You Message (Post-Event)

I did it! 

Thank you SO much for sponsoring my skydive in aid of TLC Essex.

With your help, I raised £[insert total] — that's over [divide total by 2.50] teddy bears for children in A&E across Essex.

It was terrifying but incredible, and I'm so proud to have done it for such a special cause.

Thank you again – you're amazing!  

Printable Sponsorship Form



I'm taking part in a tandem skydive to raise £1,000 for TLC Essex – the charity that provides teddy bears to comfort children in A&E across all 8 Essex hospitals and walk-in centres.

Every £2.50 raised funds one bear. Thank you for your support! 🧸

Name	Address	Contact Number	Amount donated	Paid Y/N

Other Resources





www.britishskydiving.org

(This form should be presented to the Parachute Training Organisation by the Participant in person immediately prior to the commencement of their training - it should NOT be sent to the British Skydiving HQ)

STUDENT TANDEM SKYDIVER MEDICAL INFORMATION AND DECLARATION

Name in CAPITALS

Date of Birth

Weight

Height

British Skydiving Membership Number
(May be issued on day of Training)

Skydiving (Sport Parachuting) is a risk sport where there is always a small but definite risk of death, injury or worsening of a pre-existing medical condition. This form is designed to help you identify whether you may be at greater than normal risk and may need to take qualified medical advice before jumping. If you are in any doubt, please take qualified medical advice (normally your GP or a specialist treating you). Your skydiving instructor is not able to give medical advice. **If you have one of these conditions, it does not necessarily mean that you cannot jump but you should first seek qualified medical advice and certification, using British Skydiving form 115B. You should also check with the Parachute Training Organisation (PTO) for details of any height-weight restrictions they may have.**

I DECLARE AND CONFIRM THAT:

I am in robust physical health and am able to exercise and move my limbs without restriction. I understand that being unfit, having frailty of aging or having a weight greater than that shown for my height in the table opposite will render me more prone to injury.

I am not receiving any regular repeat medication, whether tablets, liquids, injections, patches or inhalers (*contraceptive medication can be ignored for the purposes of this section*). I do not have a recurrent need to use painkillers. I have never received prolonged courses of steroids or high dose steroid treatment in the past.

I do not have joint, back, sciatic or neck problems and have not been prone to these in the past. I have never had fractured or broken bones. I have NEVER dislocated or partially dislocated a shoulder. I have not had torn tendons, ligaments or cartilages. I do not have weakness or paralysis of any limb. I have not had partial or complete loss of any limbs. I do not have rheumatism, arthritis or arthrosis.

I do not have any form of heart disease. I have never had a heart attack, myocardial infarction, coronary disease, angina, ischaemic heart disease, heart valve problems, heart failure, irregular pulse, palpitations, chest pain on exercising, peripheral vascular disease, Hypertrophic Cardiomyopathy (HOCM), cardiac pacemaker, aneurysm. I do not have a family history of sudden death at an early age. I do not have raised blood pressure or hypertension. If over 40 years of age, I understand that blood pressure problems are often “silent” and painless at first and that I should have had a blood pressure check with a qualified professional within the last five years.

I do not have any form of lung disease and can exercise vigorously without wheeze or unusual breathlessness. I have not been diagnosed with asthma, emphysema, chronic bronchitis, Chronic Obstructive Pulmonary Disease (COPD), fibrotic lung disease, pulmonary embolism (clot on the lung), pneumothorax (collapsed lung), Cystic Fibrosis, obstructive sleep apnoea. I do not use inhalers, nebulisers or ventilators. I have not had a chest infection or pneumonia within the last 3 months.

I do not have any form of colostomy, ileostomy, urostomy, catheter, PEG, reservoir or other drainage, collection, infusion, shunt or pump device. I do not have any surgical implants or artificial joints. I have not had any surgical procedures within the last 3 months. I have not received an organ transplant. I do not suffer from anaemia, Thalassaemia, Sickle Cell disease or bleeding disorders such as stomach or bowel haemorrhage, haemophilia, ITP or Von Willebrand’s disease.

I have never had a serious head injury or fractured skull. I do not have epilepsy or fits and have not suffered from recurrent giddiness, dizziness, faints, blackouts or loss of consciousness. I do not have Cerebral Palsy, myositis, Muscular Dystrophy, Multiple Sclerosis, Parkinsons Disease or any other progressive disease of the brain or nervous system. I have never had a stroke, subarachnoid haemorrhage (SAH), transient ischaemic attack (TIA) or Vertebro-basilar Insufficiency (VBI). I do not suffer from disabling headaches.

NOVICES ONLY						
Imperial				Metric		
st	lb	ft	in	kg	cm	
7	7	4	4	47	133	
7	11	4	5	49	135	
8	2	4	6	51	138	
8	6	4	7	53	140	
8	10	4	8	55	143	
9	1	4	9	57	145	
9	5	4	10	59	148	
9	10	4	11	61	150	
10	0	5	0	63	153	
10	5	5	1	66	155	
10	10	5	2	68	158	
11	1	5	3	70	161	
11	6	5	4	72	163	
11	11	5	5	74	166	
12	2	5	6	77	168	
12	7	5	7	79	171	
12	12	5	8	82	173	
13	4	5	9	84	176	
13	9	5	10	86	178	
14	1	5	11	89	181	
14	6	6	0	91	183	
14	12	6	1	94	186	
15	4	6	2	97	188	
15	10	6	3	99	191	
16	1	6	4	102	194	
16	7	6	5	105	196	
16	13	6	6	107	199	

I do not have diabetes. I do not have any form of endocrine or hormonal disease or deficiency such as thyroid or adrenal problems.

I have never been diagnosed with osteopenia or osteoporosis (reduced bone strength).

I do not have a history of drug or alcohol dependence.

I do not have anxiety, panic attacks, depression or post-traumatic stress disorder and have neither needed to see a doctor nor needed any treatment for any of these in the last 2 years. I have never been diagnosed as having psychosis, schizophrenia, manic-depressive psychosis, bipolar disease or any other serious mental illness. I do not have a history of self-harming behaviour or suicide attempts.

I do not have significant learning difficulties, behavioural problems, ADHD, mental impairment, Down’s Syndrome (Trisomy 21) or any other form of trisomy. I do not have any problems with my memory. I have not been diagnosed as suffering from dementia, Alzheimer’s Disease or significant cognitive impairment.

I do not have sinus or ear disease. I do not suffer from ear or sinus pain in aircraft. I understand that colds or sore throats may make me temporarily unfit to skydive because they increase the risk of ear or sinus pain or damage.

I have not been diagnosed as having cancer in any form.

I have not donated blood in the last 6 months, or if I have donated within the last 6 months, I have had a subsequent blood test showing my blood count is still normal.

I am not on sick leave and am not currently certified as unfit for work. I do not receive any form of sickness benefit, disability benefit or attendance allowance. I have not received a terminal diagnosis. I am not waiting for the results of any tests or investigations. I am not under medical review for any problems

To the best of my knowledge, I am not pregnant.

I have no problems with seeing or hearing, or if I have such problems, I will ensure that my instructors are fully aware of them.

I do not have any form of infectious disease such as hepatitis, HIV or tuberculosis, which may be transmitted by body fluids. I understand that, due to the direction and speed of airflow, my tandem instructor may be exposed to my saliva, blood or vomit in the course of even a normal skydive.

If my health status changes so that this declaration is no longer valid, I will stop skydiving until I have received qualified medical advice.

I understand that the purpose of this declaration is to enhance my safety and that of my instructor. I know that if I have doubts, or do not understand any part of the form, I should postpone any jump until I have obtained qualified advice.

I have had enough time to read (or be read) this form. I have understood it or taken appropriate advice to enable me to understand it.

I accept all risk and understand that any medical condition I have may be made worse by skydiving or may increase my risk of injury or death. I understand that I should take medical advice **before** skydiving if I have any doubts about any medical condition.

Signed

Print Name

Date

WITNESS TO SIGNATURE (The signature above must be witnessed for skydivers aged less than 18 years. The witness MUST be their parent or legal guardian):

Signed

Print Name

Date

Print Address

.....

This form is valid for 3 years from the date of signature, provided there is no change in medical condition or injury.

