

Join us and become a member of our exclusive "500 Club"

We are looking for people to join our exclusive club and pledge to raise £500 over the next 12 month period.

This will enable the Get A-Head charity to support more research, learning and equipment to help us fight head and neck disease, we can only continue to do this with your help!

There are many ways to raise £500 over the 12 months - here are some ideas of things you can do:

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|-----------------------------------|---|
| A fternoon Tea for friends | N early New Sale |
| B alloon Race | O pen Garden |
| C ycling challenge | P ub Crawl |
| D ress down day at work | Q uiz Evening |
| E xpedition | R affle |
| F ashion Show | S ponsored Skydive |
| G ym challenge | T hemed Party |
| H ead Shave | U nwanted Gift sale |
| I n lieu Gifts | V alentines Dinner |
| J azz Night | W eight of a cake competition |
| K araoke night | X mas Carol Singing |
| L unch Event | Y o Yo Competition |
| M usic Concert/night | Z zzz Sponsored stay up all night! |

Join us and help to fight head and neck diseases together!

For more helpful hints & advice please contact the office on

0121 371 5046 or getaheadcharity@uhb.nhs.uk

I
Pledge to raise £500 for Get A-Head Charitable Trust during the next 12 months.

This will enable Get A-Head to fund research, equipment and education into head and neck tumours during 2013/2014.

Name

Address

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Post code

Email

Mobile No

Signed

Dated

I understand that by completing this form my details will be added to the Get A-Head database for future fundraising initiatives and information on the charity and the works we do. Please tick the box if you do NOT wish to be added to our database.