

SKYDIVE FUNDRAISING PACK

TAKE THE LEAP

for mental health



mqmentalhealth.org



MQ

Mental
health
research

SKYDIVE FUNDRAISING PACK

**Be part of the next
breakthrough in
mental health.**

**Without research,
it's just guesswork.**

Why mental health research?

MQ Mental Health Research is a global mental health research charity that launches research exploring the detection, treatment and prevention of mental illness.

At MQ, we won't accept this status quo.

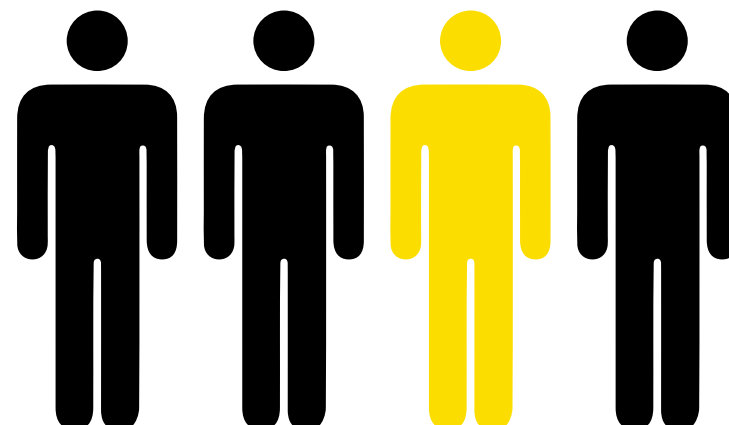
And because you're interested in supporting us, it looks like you won't either. As the UK's leading mental health charity, we want to find the answers that lead to better diagnosis, treatment, and access to help.

If we join together, we could help to bridge the huge gap in funding, increase awareness of our work and transform lives.

We won't stop until all of the questions about mental health are answered.

In the UK, mental illness affects one in four of us. But right now, our understanding of mental illness is nowhere near where it needs to be. It can take an average of ten years to get an accurate diagnosis after symptoms develop.

Many treatments and interventions are ineffective, their side-effects can be exhausting and there is often a painful period of trial-and error to reach a helpful solution.



The difference you could make...

£60 could pay for one person to go through a trial course of an innovative, targeted treatment to reduce anxiety and depression. This can help to develop new and improved treatments for those with mental health conditions.

£100 could help MQ researchers identify the links between inflammation and depression. This could potentially lead to the development of the first new treatment for depression in over 30 years, helping the 280 million people affected worldwide.

£250 could pay for five blood samples to be tested for protein biomarkers. These are linked to the development of depression and understanding them better should help improve detection and ultimately prevention



£500 could help speed up the peer review process for new research, getting developments in mental health treatment out of the lab and into practice quicker.

£1,000 could pay for 4 volunteers' DNA to be examined to aid understanding of which genes are involved in the development of depression. This would then help to find new treatments and solutions for those affected.

£3,000 could pay for 50 people to go through a trial course of a brand new, targeted treatment to reduce anxiety and depression.

Fundraising ideas



Bake

Are you a master baker? Dust off those baking skills, be creative and make cakes and sell them to your friends and family.



Dance

If you're a member of a local dance or exercise group, why not encourage them to run a 24-hour sponsored event? Burn off the calories whilst piling on the pounds for MQ.



Walk

Wanting to get active and fit? Take on a 10,000 steps a day challenge and get support from friends and family.



Where your money goes...

All the money that you raise from your skydive will help fund vital research and finding the next breakthrough in mental health to help those affected.

At MQ, we fund much-needed scientific research to transform the lives of everyone affected by mental illness. Together with supporters and a global network of scientists, MQ works to create a world where mental illness is understood, effectively treated and ultimately prevented.

Since 2013

MQ has invested £30 million into 65 research projects around the globe.



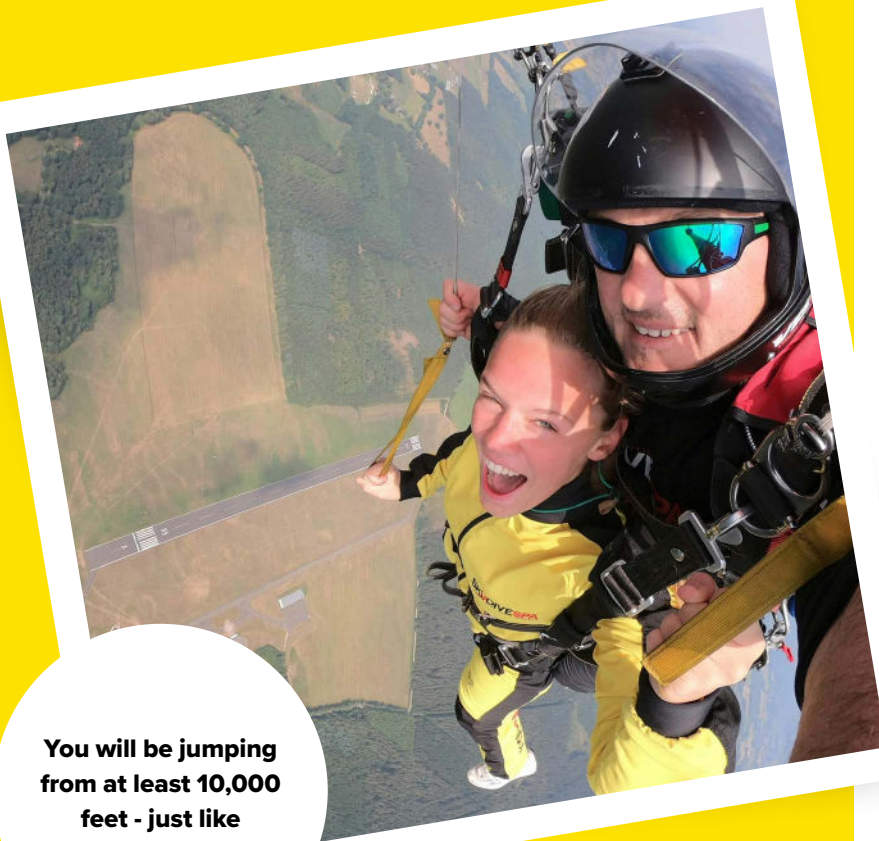
48%

of MQ's studies have led to new treatments being developed.

For every £1 MQ has invested in supporting research, an additional £5.78 has been generated.

TAKE THE LEAP...

How to sign-up



You will be jumping
from at least 10,000
feet - just like
professionals!

Freefall down to
5,000 feet - falling
through the air at
120mph!

✓ How do I book my place for a FREE jump?

Simply completing your booking online at **www.skylineskydiving.co.uk**, as soon as possible. Please note you must also provide a £70 booking deposit when you book online (which you can reimburse yourself for out of any offline funds that you raise).

✓ Paying your sponsorship money

The easiest way to raise your funds is online through a site such as **www.justgiving.com**. Once you have set up the online page, share the link with us via your confirmation portal. As long as you have hit the minimum amount online before the jump then you won't need to pay for your jump costs on the day.

✓ How to sign-up

Simply choose a date for your jump and complete an online booking at **www.skylineskydiving.co.uk**. After that all you have to do is make an exhilarating Tandem Skydive from 10,000 feet for FREE!

You will need to fill out your information on the booking form. You will need to provide your contact information, airfield choice, a 1st and 2nd choice date.

TANDEM SKYDIVE

Important information

When can I jump?

The airfields jump on weekends and week days all year round. Check the prices and locations section of Skyline's website for more information about available dates at your nearest airfield www.skylineskydiving.co.uk/prices-and-locations.

What about insurance?

You will automatically be covered for up to £2,000,000 third party insurance but this will not cover you for personal injury. Should you wish to take out cover for personal injury you should arrange this through your own broker.

Paying your sponsorship money and deposit

The following sponsorship system makes it easy for you to take part and ensures that you do not have to pay all of your sponsorship money in advance. Remember, as long as you raise the minimum sponsorship level you can recover both the cost of the booking deposit and the jump from your sponsorship money - which means you get to jump for FREE!

Payment for the jump will be required on the day which varies from airfield to airfield but is generally between £210 and £299. As long as you have raised your minimum online before the jump then you will not need to pay the jump costs on the day as this will be taken from the online funds raised. Everything else raised will go to the charity.

NOTE: We cannot start organising your jump for you until we receive your booking and appropriate booking deposit - please do this as soon as possible so that we can give you the date of your choice and so that you can start preparing yourself for what has often been described as 'the experience of a lifetime'!

TAKE THE LEAP...

Your first skydive



✓ Get used to the aircraft noise

Try not to panic with the noises coming from the aircraft. It will be louder than you're used to when flying on a commercial plane - that is normal!

✓ Dress appropriately

Wear stretchy, comfortable clothing that allows easy movement, opting for snug, well-fitted layers. Avoid clothing with strings and metal attachments that could get caught in something. Also, wear tight-laced, comfortable shoes. Open-toed shoes are not allowed!

✓ Get your photos and video

Skydiving is an incredible experience. Make sure to get the photos and videos from the jump so you can look back and cherish them even years later!

✓ Eat and drink as usual

Some people think that if they eat anything at all, they will feel nauseous during the fall. However, you will feel better if you eat and drink as usual. You'll be less likely to feel lightheaded too if you're well hydrated!

Too nervous to eat? We get it! Have a protein bar at the very least or a high-calorie protein smoothie. You don't want your sugar levels to be too low for the jump! Also, have a generous amount of water a few hours before your jump. Avoid alcohol for 24 hours prior to the jump or you might feel woozy!

TAKE THE LEAP...

The day of the jump



✓ Arrive on time

You don't want to add stress to the experience by rushing in. You will need to check in, fill out paperwork, and take a pre-jump orientation before getting on the aircraft, so you'll want to have enough time to prepare.

✓ Tips for the jump itself

You won't have to worry about much during the jump. Your instructor will quite literally be pulling all the ropes! All you have to focus on is the position of your body - arch your body during the freefall, so that your belly sticks out towards the ground.

✓ Tips for landing

When landing, you must raise your legs to help your instructor land the two of you smoothly. Your instructor will touch the ground first to absorb the impact - keeping your legs out of the way ensures you don't get hurt.

✓ What to bring

Remember to bring your passport, ID or a valid driver's licence, comfortable and tight-fitting clothing, and comfortable shoes as we mentioned. Also, if you have long hair, bring a hair tie!

✓ Safety is key

Jumping out of a plane can be nerve-racking, and as a first-time skydiver, you must pay attention to the safety procedures during the briefing. Trust your instructor's expertise, they are qualified to do this!

✓ Feeling anxious?

It's okay to be nervous. Acknowledge the nerves and embrace them. Focus on your breathing - take deep, slow breaths to calm yourself. You will want to feel present for what is bound to be an amazing experience!

MY STORY

Peter 'Taf' Mather

Peter 'Taf' Mather is the owner of Sky-High Drop Zone in Durham and the founder of the charity Uplift, which supports skydivers struggling with their mental health. He has represented Great Britain in formation skydiving at world level and has won multiple national medals.



"I've struggled with substance abuse since the age of 18. I've been addicted to drugs and had a heart attack at the age of 21 because of cocaine overdose. I worked as a bartender and I fell into the trap of partying, drinking and taking drugs. I realise now that really, I was running away from a feeling that I was never good enough. I couldn't get past it.

Hiding from the pain

There were many times I thought about suicide but never did it. In 2020 I started a skydiving business and three days later the pandemic hit, sending me into debt overnight.

When my relationship with my girlfriend ended, I got to the point where I was prepared to die. Then the phone rang. It was my business partner. He didn't even know what was going on, but all he needed to say was 'Are you all right big man?' and then I just broke down and started crying.

At the time he didn't even know that he saved my life but when he asked me that simple question I just felt this massive empathy. And when I cried, it broke the pattern of always trying to be alright and the please people. It completely broke the pattern.

Putting changes in place

The first thing I did was ask for help, and admitting I wasn't all right was the biggest step. I saw a counsellor and hired a lifestyle coach. I stopped drinking and taking drugs and I've been clean now for two years.

You find your own path to change but I do think that what the most people need is that empathy with themselves and belief that they can change. And when that happens you don't need alcohol or the drugs or suicide to take you away from reality and from dealing with your problems. The first step for me was overcoming the pain of admitting I have a problem, and to do that I need empathy and the right environment with the right people around me. Skydiving is an amazing sport, it has transformed my life."

#TAKETHELEAPFORMQ

Thank you

We're dedicated to funding the best and brightest scientists worldwide to help us create a better future for all of those affected by mental illness. But we can't do it without you!

No single idea will tackle mental illness alone. We are committed to supporting collaborative research across all the sciences – biological, psychological and social – and across all types of research, from the laboratory to experimental psychology, clinical trials, and prevention studies too.



**Mental
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MQ: Transforming mental health is a company registered in England and Wales (Co number 7406055) and a charity registered in England and Wales (Charity number 1139916) and Scotland (SC046075).

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