

"ON-FOOTSE" TOP 100 INDEX



DECLARATION

Please enter me for the "On-Footse" Top 100 charity mile race. I declare that I am medically fit to take part in this event and understand that I enter at my own risk and that the organisers, or their agents, shall not be held responsible for any injury, loss or damage caused as a consequence of my participation in this event. If I have a medical condition I will declare it below. I understand that this information is confidential and will only be used to ensure I receive the correct treatment from the medical team, should it be needed.

Signature

Date



Once completed and signed, please return this form along with your cheque (payable to Cam-mind) to:

On-Footse Top 100
1 Oakfield Place
Old Station Road
Newmarket
Suffolk CB8 8GA

ON SUNDAY 26 JUNE 2011

- › 100 RUNNERS representing up to
- › 100 LOCAL BUSINESSES will race
- › 1 MILE EACH ...



... to compete for a top ranking on the annual

"ON-FOOTSE" TOP 100 INDEX



This annual business event invites local employers to join in some healthy rivalry at the Cambridge University Athletics Track, to raise funds for a ground-breaking new **Wellbeing in the Workplace** project being developed by local mental health charity Cam-mind.

Cam-mind
Supporting local people
experiencing mental health problems
Registered Charity No: 265087

For the fiercely competitive ...
there are trophies for the fastest man and woman
For the winner's employer ...
there is the coveted top place on our On-Footse Index
And for the fun-runner?
Well, who knows? You just might surprise yourself. . .

To get your company name on the Top 100 list, call 01638 661820 or log on to: www.footse100.org

www.footse100.org

supported by
Cambridge News


For better
mental health


**MINDFUL
EMPLOYER**

mental health first aid england
provider

Date: 26 June 2011

Registration 9.15 - 10.00am
Start Time: 10.30am
Cost £30.00 per runner



For more information, please contact Wendy von Niebel
on 01638 661820 wendy@wvnmarketing.co.uk or visit www.footse100.org

Tackling stress, anxiety and depression in the workplace. . .

Help us to help you to keep your staff well - and your profits healthy

This year's On-Footse will raise funds towards a ground-breaking wellbeing project designed to raise awareness of mental health problems at work - and help local employers tackle the issues of stress, depression and anxiety within their staff teams.

More working days are lost due to stress, depression and anxiety than any other work-related illness, with at least one in five employees affected. The total annual cost to UK business is an estimated **£26 billion**.

Persistent ongoing stress, matched by poor support, will result in ill-health for some - and lower productivity and profits for your business. A greater attention to the health and wellbeing of your staff can help to reduce these risks.

Cam-mind is looking to tackle this issue in the Cambridge area via a project that will develop training and **Wellbeing in the Workplace** resources for local employers.

We already offer the highly regarded Mental Health First Aid (MHFA) course locally and will shortly be

launching our stress-busting, team-building **Laughter Workshops!** We now want to develop a range of other services and resources to support the wellbeing of local employees - and to help managers and HR professionals in their roles. These services will help to prevent mental ill-health as well as provide support/signposting for those already affected.

We have set a target of **£10,000**, which will fund various resources, as follows:

£1,000 - will fund a portable **Wellbeing in the Workplace** resource for businesses and organisations to access FREE of charge.

£2,000 - will equip a self-help library of recommended books and resources at 100 Chesterton Road, for people who are experiencing difficulties such as anxiety, depression and low self-esteem.

£3,000 - will enable the development of specific resources for line managers and HR managers.

£4,000 - will furnish and equip a new training room facility, as part of an exciting refurbishment that is currently underway at Cam-mind's Chesterton Road premises. This will enable us to offer cost-effective Mental Health First Aid, stress management, **Laughter Workshops!** and support groups to local employees.

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Cam-mind is affiliated to - but not funded by - National Mind and we are committed to challenging the prejudices that undermine recovery from mental health problems.



All On-Footse employers who raise £250 or more for this project will be offered a FREE stress-busting, team-building **Laughter Workshop!**

REGISTRATION FORM

(Please detach along the dotted line and return to the address shown on the reverse.)

Please complete this form and send it with your cheque for the registration fee of £30.00 per runner made payable to Cam-mind.

ONE REGISTRATION FORM PER ENTRANT

Registration fee includes...

- Trophies/shields for top three men and women
- Commemorative Medal



The aim of the On-Footse is to raise money for a good cause, while participating in an event that will be entertaining for you and your family and friends. We are therefore asking all entrants to let us know, when submitting their entry form, what their idea is for raising money from colleagues and friends. For example, a dress-down/dress-up day, curry night or cake sale.

Your entry acceptance is dependent on your pledge to raise an extra £100 or more.

We agree to the fundraising pledge Please tick.

Your idea for raising money	
Amount you are hoping to raise £	Raised by Sunday 26th June.

About you and your company: Company: Title Mr/Mrs/Miss/Ms First name: Surname: Date of birth:	Position in Company (you must be an employee of the company you are representing). Address: Postcode: Tel: Mobile: Email:
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