

"ON-FOOTSE" TOP 100

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

100 COMPANIES 100 RUNNERS 1 MILE EACH



... Have you got what it takes? Join the

"ON-FOOTSE" TOP 100

On Sunday 3 October, 2010, 100 local companies are invited to enter one runner to run one competitive mile each, at the University of Cambridge Athletics Track, in aid of local mental health charity Cam-mind.

To get your company name on the Top 100 list, call 01638 661820

www.footse100.org



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

Have you got what it takes?

Date: 3 October 2010

Registration 9.15 - 10.00am
 Start Time: 10.30am
 Cost £25.00 per runner



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

Cam-mind

Supporting local people
 experiencing mental health problems

Registered Charity No: 265087

Cam-mind is Cambridge's longest established mental health charity and has been providing support to people with mental health problems for more than a century.

1 in 4 people will experience mental health problems at some point in their lives. This includes conditions such as depression and anxiety - now one of the biggest causes of absence from work - together with bipolar disorder, eating disorders, Obsessive Compulsive Disorder (OCD) and schizophrenia, among others.

Mental health problems can happen to anyone, and most people can and do recover. Cam-mind's services are designed to support mental health service users on their road to recovery. These services include

supported housing, one-to-one befriending, and skills-building/social activities such as football, gardening, pottery and cookery. These projects are about re-building confidence, providing social support, promoting recovery and preventing isolation. Cam-mind is committed to raising awareness of mental health issues and to tackling the stigma and discrimination that is often the biggest barrier to recovery. We are working locally to provide mental health/wellbeing workshops and information to local businesses and organisations, and will be among the first in the area to deliver the nationally-recognised Mental Health First Aid (MHFA) training. Cam-mind is a Mindful Employer (www.mindfulemployer.net) and is affiliated to, but not funded by, national Mind. We are committed to challenging the prejudices and misunderstandings that undermine recovery from mental health problems.



For better
 mental health

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.

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 £25.00 per runner made payable to Cam-mind.

ONE REGISTRATION FORM PER ENTRANT.

Registration fee includes...

- Trophy for the top three company runners
- Commemorative Medal



The aim of the event is to raise money for a good cause, while running 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, friends etc. for example a dress down/ dress up day, curry night (see attached letter).

Your entry acceptance is dependent on your pledge to raise an extra £75 or more.

We agree to the fundraising pledge Please tick.

Your idea for raising money

Amount you are hoping to raise £

Raised by 3rd October.

About you and your company:

Position in Company (you must be an employee of the company you are representing).

Company:

Address:

Title Mr/Mrs/Miss/Ms

Postcode:

First name:

Tel:

Surname:

Mobile:

Date of birth:

Email: