

**Deafblind UK challenges you to the 'Aerobathon Challenge'  
to raise money for Deafblind people in the community**

Deafblind UK is a national charity offering specialist services and human support to deafblind people and those who have progressive sight and hearing loss acquired throughout their lives. Our aim is to enable people living with this unique disability to maintain their independence, quality of life, and reduce the isolation that Deafblindness creates.

We achieve this through campaigning, education and the provision of practical and emotional support via independent living teams, personal communicator guiding and interpreting services, rehabilitation support, adaptive equipment to assist with daily living, a volunteer befriending service and a free telephone Helpline providing information, advocacy and guidance.

**With your help we really can make a difference!**

**HOW TO REGISTER**

Simply post or fax your entry form back to us immediately to secure your place. There is a small entry fee of £5 per person to help recover some of the event costs.

**Please return your Entry Form to  
Aerobathon Challenge**

**Lorraine Densham  
Deafblind UK  
Cygnet Road  
Hampton  
Peterborough  
PE7 8FD**

**Fax: 01733 358356**

**For more information telephone Lorraine on 01733 358100**

**OR visit [www.deafblind.org.uk](http://www.deafblind.org.uk)**

  
**T H A N K Y O U**

# Aerobathon Challenge

**Getting you into those  
Christmas party dresses!**



**Wed 6th Oct 2010**

**6pm - 9:00pm**

**Deafblind UK**

**Hampton**

**Peterborough**

**Deafblind UK challenges you to the  
'Aerobathon Challenge' to raise  
money for Deafblind people in the  
community**

**To register complete the  
Entry Form overleaf**



## ENTRY FORM Aerobathon Challenge!

Entry Fee is £5 (inc.VAT) per person and is non-refundable.  
Please use the form below to send your payment with your Entry Form.  
You must be aged 18 years or older to take part and must be able to follow instruction and be a fit and healthy individual.  
(refer to medical form for more details.)

Name: \_\_\_\_\_

Home address: \_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

Preferred Telephone: \_\_\_\_\_

Do you have any illness/disability that we need to be aware of? \_\_\_\_\_

YES/NO

If YES Please state \_\_\_\_\_

**Please COMPLETE**       I enclose my registration fee of £5

Please tick (✓)

I enclose a cheque for £5 sterling made payable to Deafblind UK

Please charge my credit/debit card for £5 sterling – details below

Please tick ✓

Mastercard                       Visa                       Maestro/Switch

Card No: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_      Expiry Date: \_\_\_\_\_

Start Date: \_\_\_\_\_      Security Code: \_\_\_\_\_      Issue No: \_\_\_\_\_

Signature: \_\_\_\_\_                      Date: \_\_\_\_\_

## PLEASE COMPLETE

Do you represent a company/organisation? YES / NO

If yes, please give the name: \_\_\_\_\_

Does your employer participate in matched giving? YES/NO

Where did you see this event advertised? \_\_\_\_\_

**Aerobathon Challenge. Deafblind UK, Cygnet Road, Hampton, Peterborough, PE7 8FD**

**Wednesday 6<sup>th</sup> October 2010. 6pm – 9:00pm**

The aerobic challenge is split into a variety of sessions with regular breaks for a fun fitness challenge!

The sessions will be a mixture of aerobic styles, including body conditioning, circuits, dance, abs, core and stretch. Each participant is encouraged to set a personal goal we can be achieved during the challenge. Stay as long as you can!

### Notification of physical activity

I, the undersigned, wish to participate in the above event. I understand that this is done entirely at my own risk and absolve Deafblind UK from any injury occurred or any damage to property through participation.

### Sponsorship Promise

'I fully understand that this is a sponsored event and I will try to raise the minimum sponsorship required of £50 per person and endeavour to bring as much as possible on the day.' By bringing your sponsorship money on the day, or raising it in advance through [www.JustGiving.com](http://www.JustGiving.com) you help us to put your money to work quicker in the community.'

I understand that Deafblind UK has the right to refuse participation if it is deemed necessary and that entry fees are non-refundable.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Your sponsor forms and further details will follow. Please complete both sides of this form and return to the address overleaf. Cheques should be made payable to 'Deafblind UK' and have your full name and the name of the event on the reverse. Thank you.

