

To take part, follow the three steps below:

1. Decide how much weight you want to lose and by when. Be realistic!
2. Ask your friends, family and colleagues to sponsor you and raise money for the North Devon Cancer and Wellbeing Centre Appeal or a ward or NHS department of your choice. Simply collect your money from your sponsors and send it to us at our Fundraising Office.

You can do this by sending us a cheque made payable to "Over and above", along with your completed sponsorship form to:

Fundraising Team
Northern Devon Healthcare NHS Trust
Raleigh Park
Barnstaple EX31 4JB

Alternatively, you can ask your friends, family and colleagues from anywhere in the world to sponsor you by setting up an online sponsorship page on www.justgiving.com/overandabove

3. You can download a record sheet to help you keep track on your weight loss, and additional sponsorship forms from www.overandabove.org.uk or contact us at the Fundraising Office and we will be happy to send them to you.

Thank you and good luck! Your support will make a difference to the North Devon Cancer and Wellbeing Centre Appeal.

Please talk to your doctor before beginning a diet and exercise programme. Over and Above cannot be held liable for any personal accidents or injury.

We organise events throughout the year. If you want to take part, checkout our website at **www.overandabove.org.uk**

Thank you for supporting our charity.

New Year Sponsor Slim

Sponsorship and Gift Aid Declaration Form



Turn your pounds to £'s for the
Over and Above
your hospital charity

To take part, follow the steps
on the back page.

Fundraising Office
Northern Devon Healthcare NHS Trust
Raleigh Park, Barnstaple
Devon EX31 4JB

01271 311 772

ndht.charity@nhs.net

www.overandabove.org.uk

