



REACHING PEOPLE IN NEED

4 Miles For Smiles



Please return to your 4 Miles For Smiles Coordinator or Organiser

4 Miles For Smiles

Thank you for your interest in 4 Miles For Smiles - a 4 mile walk in aid of Islamic Help's Smiles Better Campaign. The walk will take place on 4th March 2012 and will be around the Edgbaston Reservoir in Birmingham. It promises to be a fun filled and exciting event and will give you the opportunity to:

- Raise money for Islamic Help's Smiles Better Campaign worldwide.
- Have a fun and memorable day with people from all over the UK
- Help make a difference to yourself and others!

Situated close to the city centre of Birmingham, Edgbaston Reservoir is a popular recreation area. Walkers and joggers can enjoy the approximately 2.8km (1.75 miles) path around the reservoir itself including a Walk 2000 route. As the circuit is completely flat terrain, it makes a perfect location for walking.

This pack contains all the information you require in order to participate in the 4 Miles for Smiles walk and information regarding the cause for which we will be fundraising.



Interested?

Well then register for 4 Miles For Smiles! Its only £10 to register, call on 0121 446 5682 / 07528 832 759, or email umbreenhussain@islamichelp.org.uk. You will receive an Islamic Help t-shirt on the day of the walk, a medal for completing the 4 mile walk and a certificate to show the amount you have raised. The registration fee is just £10 and your fundraising target is only £100 but don't just stop there, keep fundraising and exceed your target! You can start raising in several ways but remember charity starts at home so get your family and friends involved first!!!

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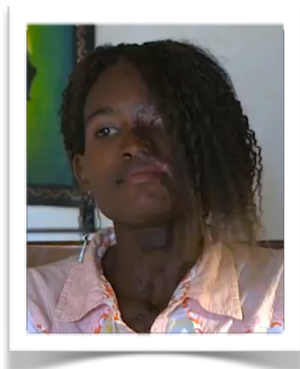
Cause: Smiles Better



Islamic Help's Smiles Better Campaign is a two fold Campaign that provides corrective surgery and support for survivors of acid burns attacks as well as corrective surgery for those born with unrepaired cleft lips and palates. Having initiated the Campaign in 2006 we have partnered with the Indus Hospital in Karachi and PIMS in Islamabad. Each year a number of teams of experts go out to our delivery partner hospitals to carry out the treatment.

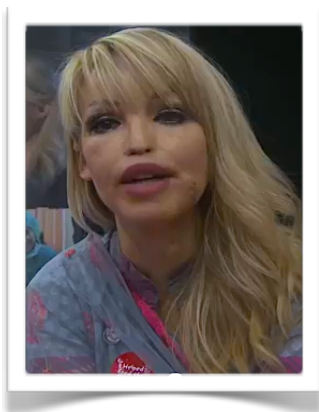
We are pleased to say that we have now expanded the reach of the project and will be partnering with the Acid Survivors Trust International (ASTI) to work in Uganda, Cambodia and Nepal.

Our Smiles Better Campaign is supported by Katie Piper who has been an Ambassador for us since 2010. Having survived an acid attack herself Katie has dedicated herself to supporting other acid attack survivors. Since joining us as an Ambassador Katie has worked with us to raise awareness of the issue. In 2011 Katie's second series of documentaries on Channel 4, Katie - My Beautiful Friends was aired she profiled and supported others living with disfigurement and we were pleased to support Amit Ghose, one of those featured in the documentary, in raising funds for our Smiles Better Project.



Juliet Bukirwa
Acid Survivor

Her story: "What happened to me...The father of my kid is the one who poured acid on me. He wanted me back, and I said, "no" that's why he poured acid on me. He found me at my place. So he knocks, I did not know he was the one. So when I open, he just pours on me and runs away".



Katie Piper
Ambassador for Smiles Better Campaign

"The Smiles Better Campaign is one that Islamic Help has started and the name basically comes from putting that smile back onto somebody's face, and it's easier to smile when you have support and help and love. The Smiles Better Campaign raises money to provide surgery and rehabilitation and help people after serious burns injuries or deformities like a cleft lip and palates. It's a really really good campaign and everyone should get behind it and give it the support it deserves".

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4 Miles For Smiles

Activity

The walk will entail 2 laps of the Edgbaston Reservoir. Anyone and everyone is welcome to participate regardless of age, ability or fitness levels. All participants will be given a Smiles Better T-shirt before registration. The walk will take, on average, an hour and a half but you can take it any pace suitable to you. You will receive a Smiles Better T-shirt upon registration and a medal upon completion of the walk.

Age Limits

There is no lower or upper age limits, but please note that you will need to be fit and healthy and should not have any pre-existing medical conditions that may be aggravated by walking. There is no lower age limit but anyone under 16 years of age needs to be accompanied by a parent, legal guardian or other responsible adult that is 18 or over.

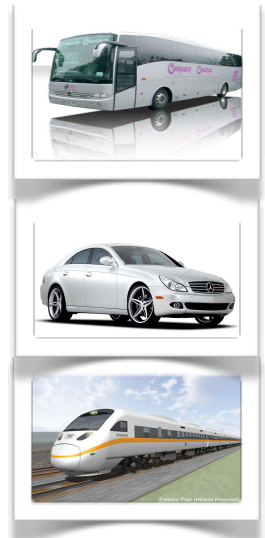
Travelling

Car: There is a large car park at the Edgbaston Reservoir where you can park for the whole day. Car parking is free for the whole day. Parking is however limited, please look for alternative parking close to reservoir.

Bus: The number 80 bus can be taken from Corporation Street in the City Centre. It stops on Osler Road - walk down Osler Road and turn right into Reservoir Road.

Train: If you traveling by train, the nearest train stations are University Station or Five Ways Railway Station. Then a taxi to Edgbaston Reservoir, 115 Reservoir Road, Ladywood, Birmingham, B16 9EE.

However you decide to travel please ensure that you arrive at our meeting point no later than 9.30am. We will meet at the car park of the reservoir



Itinerary

We will start registration at 9.30 am to ensure that we begin the walk promptly. The walk is estimated to take between 1 to 2 hours to complete inclusive of regular breaks. On the day all participants will be divided into 4 groups and will be given different registration colours. Each participant then needs to go to their registration desk and pick up their T-shirt and registration number, which must be worn at all times. During the walk participants need to walk through their coloured checkpoints in order to record the completion of each lap. When both laps have been completed, each participant will be handed a medal for taking part in 4 Miles For Smiles. There will be entertainment and stalls to enjoy.

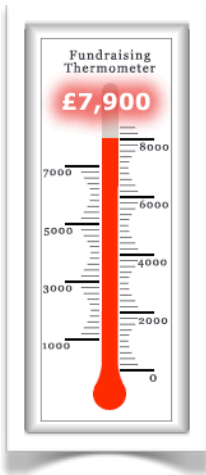
Why not have a family picnic and enjoy the fruits of your labour?

Overall times are approximate and are subject to change, should any detail change all registered participants will be notified.

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Fundraising Tips

Here are just a few ideas for you; these are tried and tested means by which previous volunteers have raised funds. You can do the same or try and be innovative!



- Bucket shaking at your local supermarket is always an easy way to raise funds. Dress up too! (You might need to ask permission first)
- Sell, sell, and sell – Hold a garage sale- sells items for cash. Not only are you getting rid of items you don't need and de-cluttering the house – your getting cash for your trash and it's all going towards charity!
- Have a bake sale at a local community centre or school. Call up the radio station and tell them what you're doing – they could send sponsors your way.
- Collect at your local or old school – you could ask the head teacher to organize a non-school uniform day with all the proceeds going to the cause or you could leave a bucket and collect it later.
- You could host a little fundraising dinner or entertainment evening for friends and family at your house for a small fee.
- Street collections - Contact me to get involved and raise more than your target!

Who will sponsor you?

Everybody! Make a list of everyone you know: friends, family, neighbours, work colleagues and even clubs that you're a member of. If you don't ask – you don't get!!! You'll be surprised by the number of people you know, the worst they'll say is sorry! When asking for sponsorship people will often follow the example of the previous entry on the form. So make sure the first sponsorship is a healthy one!

Internet fundraising

The internet is a powerful fundraising tool that you can use to your advantage. You could set up your own fundraising page at www.justgiving.com and don't forget to tick yes to Gift Aid. If a donor is a UK Taxpayer then the government will donate 25p for every £1 they donate! Tell all your friends on Facebook, MySpace, twitter and email friends and family in different parts of the country or the world and ask them to sponsor you. You can even ask your family, friends and colleagues to fundraise on your behalf. They may be really successful at passing round a sponsorship form and asking people they know.



Ask your employer

Arrange a meeting with your employer, numerous employers offer 'match funding schemes' to encourage their staff to support charities. Half the effort and double the reward, so ask your employer right away! If they do not provide 'match funding schemes', they may still be able to help you reach your target. They could give you permission to send an email to all your colleagues, place an article in your staff newsletter, or display publicity for what you're doing on the staff notice-board. Contacts in other companies you've worked for or are in contact with –through clients, or suppliers – may support you too.



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Islamic Help 4 Miles For Smiles

* Please bring this form with you on the day of the walk

Date of walk...../...../.....		
Forename.....		Other Name.....
Surname.....		
Address.....		
.....		Postcode.....
Daytime Tel no.....		Mobile.....
Age.....	Date of Birth __/__/__	Gender: M or F (delete as appropriate)

Please inform us of any health problem or condition which:

- May be adversely affected by physical exercise
- May be adversely affected by weight carrying
- Is being controlled by medication.....
- Involves your circulatory, respiratory, nervous, or skeletal system, recent injury, illness or complaint
.....
.....
- If you are allergic to any medication, please specify.....
- Do you wear contact lenses or spectacles? *Yes / No**
*contact lenses / spectacles / both**

Please give an emergency contact name and phone number

Name.....

Relationship to you.....

Contact Number - daytime *Std codes & ext*

Evening contact number.....

REMEMBER: You must have suitable walking boots or trainers for this day as well as light weight waterproofs if possible, we also recommended a small rucksack to carry your food and drink in.

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Acknowledgement of Risk

*** Please bring this form with you on the day of the walk**

Print the name of person attending course.....

The course/ event they are attending Islamic Help would like you to read the following carefully. It may affect your safety and the safety of others attending your course, programme or event. Once you have read it we would like you to sign the bottom of the form as an indication that you have read and understood it, and return it to us, together with your personal information/ application form.

Signing this Acknowledgement of Risk in no way compromises, your legal rights, nor does it release Islamic Help from any of its obligations towards you. It is merely to make sure you are aware of what you are letting yourself in for!

We have taken all reasonable steps to provide you with the level of care and assurances of safety appropriate to these activities. However, you should be aware that certain inherent risks remain which are integral to the activity, and which cannot be eliminated without destroying their unique character.

Amongst other things, some of these risks can contribute to:

- The loss or damage of your personal clothing or equipment,
- Accidental injury, illness, or trauma which in extreme but thankfully very rare.

The level of real (as opposed to apparent) risk associated with the activity is very low. However, the type of risks may be something with which you are not familiar. The level of risk is generally no greater than that associated with, for example, the normal play of an average child, or that associated with normal adult undertaking recreational activities appropriate to their ability, fitness, age, etc.

Depending on which course, programme or event you are undertaking you may be involved with any or all of the following. If you are not comfortable with any of these you should let that be known to us at the time of your arrival with us, and preferably also in advance. Alternatively, you may decide to withdraw from the course, programme or event.

Things you may encounter may include, but may not be limited to:

Physical effort. Most of our courses, programmes or events involve physical effort that at times may be more than you are used to. This may involve stamina or physical strength. If you have medical conditions or injuries, past or present, which may make some activities ill-advised you should make us aware of them. Rest assured however, that we can accommodate almost anyone provided we know about the condition.

Environmental risks and hazards.

These may include such factors as lightening, although the more common would be rapid and significant changes in the weather, or unstable or slippery conditions underfoot. Slips and trips - this is the commonest type of accident throughout society and our courses are no exception. Islamic Help has clear obligations and responsibilities and we take these very seriously. However, we will be expecting participants to contribute to not only their own and each other's safety by following the instructions our staff will, from time to time, be giving you.

Acknowledgement.

I recognise

- That this course, programme or event may require an attitude and approach different from other activities I have been involved with.
- That the nature of the risks may be different to ones, which I am familiar with.
- That certain inherent risks remain,
- By signing this, I do NOT release Islamic Help from any of its obligations towards me, nor does it affect my legal rights. I have however read and understood the content of this document

Signature of participant..... Date

Signature of parent / guardian..... Date

Print your name.....(Required if participant is under 16 years old)

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Sponsorship Form

Name.....Contact No.....Mobile.....
 is going to take part in a 4 Miles For Smiles for Islamic Help on March 4th 2012

*Remember to sign up to Just Giving, an quick online method of raising money through contacts you know. It takes 60 seconds to sign up! Register today by joining www.justgiving.com/teams/4milesforsmiles and invite everyone you know to contribute! Try to raise a minimum of £100 and smash that target! (But don't worry if you can't raise that much)

Name	Address	Post Code	Amount	Gift Aid
Total Raised				£

Using Gift Aid means that for every pound you give, we get an extra 25p from the government at no cost to you. This means that a donation of £ 100 is worth £ 125 to us, and it doesn't cost you a thing. You must be a UK tax payer and should have paid income or capital gains tax equal to the amount we will claim in the tax year.

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Handing In Donations

There are several possible ways to send in money raised for the walk. You Can:

Phone:

Call into the office on the number below and make a credit card donation.

Post:

Send a cheque / postal order made payable to 'Islamic Help' and send it directly to us. Please not do NOT send cash in the post. On the following page you can send in your card details and they will be processed by the finance team. You will be sent a receipt within 7 days of us receiving your information.

Online:

Make a BACs payment directly into our bank account. Please use the following information:

Reference: 4 Miles For Smiles

Name: Islamic Help

Bank: HSBC

Account no. - 41687425

Sort code - 40-42-12

Hand in to office:

You can hand in donations to the Islamic Help Office at 19 Ombersley Road, Birmingham, B12 8UR.

Please ensure that you get a receipt for your payment at the office desk and clarify that it is for 4 Miles For Smiles. Any cash handed in should have your information with it so that we can trace the donation back to you.

Payment details:

Personal Details:

Name _____

Address _____

Postcode _____

Email _____ Telephone _____

I wish to donate £.....

I enclose a Cheque made payable to Islamic Help

I authorise you to debit my:

Card Type _____

Card Number _____

Expiry Date: _____ Valid Date: _____

Signature _____ Date: _____

Gift Aid

Gift Aid can increase your donation by 25% at no cost to you by enabling us to reclaim the tax. If you are a UK tax payer and wish us to benefit from this scheme please read below and tick the box.

Declaration: I would like Islamic Help to treat my donation from the date of this declaration until I notify you otherwise as Gift Aid donations, and therefore to reclaim the tax from H M Revenue & Customs on my donations. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April next) at least equal to the amount of tax that Islamic Help will reclaim on my donations for that tax year. I am under no obligation to make further donations and can cancel this declaration at any time.

If you are paying in money collected from individuals at your event then the above gift aid declaration does not apply. Please ensure that each donor fills in the sponsorship form and return this to us to allow us to be able to claim gift aid on each individual donation.

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