



HUUB



DERBYSHIRE
INSTITUTE OF SPORT

SKY | RECRUITMENT
SOLUTIONS
MULTI-SECTOR TEMPORARY & PERMANENT RECRUITMENT

Annabel's Angels, Registered Charitable Trust in England and Wales number 1157814
Community Action Derby, 4 Charnwood Street, Derby, DE1 2GT
www.annabelsangels.co.uk

Hi there and thank you...

On behalf of Derbados Cycling Tours we cordially invite you to cycle **193km** by the end of April 2019 to raise funds for Derbyshire Institute of Sport and Annabel's Angels, two local organisations.

Bear with us on this – in this pack you will find all the information you need to know – **we have made a few changes to the challenge based on feedback from people, so this is the latest information as at 26 February 2019.**

We have a team actually cycling in Mallorca, but not everyone can do that. So this pack is for you if you fancy the ride but can only cycle here in Derby/Derbyshire (and surrounds), or in the gym.

You need to cycle a total of **193km** by **30 April** – you can do this on your own, with others (max 4 people in a team), on your road bike, on an exercise bike, as part of your usual weekend ride – however and wherever you want to do it, we need you, your legs and your donations from friends and families to help 2 amazing local organisations.

We have included a sponsor form in this pack, but if you can, please register via our JustGiving event page, which makes sponsorship gathering super easy! All we ask is that you raise a minimum sponsorship of £50, keep a log of your total distance (you could use Strava, or similar), let us know how you get on and there will be special prizes to be won.

Just so you know, Annabel's Angels is a local charity who supports people from Derby and surrounds who are having treatment for cancer at the Derby Royal and Burton on Trent Hospitals. We provide a small amount of financial support for families based on their individual needs – grant applications include support with fuel cards, shopping vouchers for clothes, taxi fares and sometimes, family trips. We have supported 175 families since we began in 2014 and are run by 10 smashing volunteers totally reliant on donations from the public. You can check us out here www.annabelsangels.co.uk

Let me tell you about John (not his real name) who had worked in the building trade all of his life, no income protection if off work ill. Diagnosed with throat cancer 2016 he had surgery and chemotherapy followed by 31 days of radiotherapy. In the meantime, John's wife was signed off work due to stress and illness. Soon both of them were feeling extremely concerned about paying the bills and getting to and from treatment. Through a fuel card from Asda, we supported the family to pay for their petrol and parking expenses. This is just one example of the many families we support.

"We were living out of suitcases until you helped us with wardrobes and some chest of drawers."

"Your grant allowed me to make my husband as comfortable as possible at the end of his life"

The Derbyshire Institute of Sport was inspired by the London Olympic Games and was launched in 2012 as Derbyshire's legacy programme. Our purpose is to ensure there are more athletes from Derbyshire competing at major sporting events, and in doing so, showcases Derbyshire as a leading county for creating success. We want to ensure that people from Derbyshire are proud of their roots, instil the belief that aspiring athletes can become the best in the world and to offer continuous Derbyshire success stories.

Katie Toft is a para-cyclist "I started with Derbyshire Institute of Sport when I was about 21. Having come to performance sport a little later than some and having Cerebral Palsy, I had no idea how to improve and reach the goals and aspirations I have. With Strength and Conditioning as well as Physio support and hard work, those goals and aspirations are becoming a reality. The costs involved in performance sport are very high with the right Kit and Travel to competition costing up to £10,000 a year; therefore the free support with Strength and Condition and Physio is invaluable".

All the funds you raise will be split between these two groups (administered by Annabel's Angels) and on behalf of everyone, **thank you so much.**

Keep checking our Facebook page for information as it's released – and make sure you register on JustGiving and send us the registration sheet (in this pack), so we know all about you.

Now read on for all the forms!

Cheers!

[Rachel \(Annabel's Angels\)](#), [Chloe \(DIS\)](#), [Dean \(Huub\)](#) & [David \(Sky Recruitment Solutions\)](#)

Details - Derby

Aim	to cycle 193 km
When	by 30 April 2019
Where	Inside, outside, Derby, Derbyshire, this is up to you and/or your team. Road bikes or static bikes – again, up to you.
Team or on my own?	You can cycle on your own, or in teams – any age, max 4 people
How do I sign up	<p>Create a page via our JustGiving challenge page https://www.justgiving.com/campaign/derbadoscyclechallenge</p> <p>Once you have signed up, send us details of your team (registration sheet below, by 5th April) to Rachel.hayward@annabelsangels.co.uk – we will make sure you are all registered, and keep you posted of relevant news. Remember it's a £50 minimum sponsorship target</p> <p>Follow our challenge on our dedicated Facebook Page so we can share all your training and news – www.facebook.com/derbados2019</p>
Upon completion	<ol style="list-style-type: none">1. take photos of your team at the beginning of your challenge and post on our Facebook page,2. use Strava (or other) to record your mileage,3. post a picture of your final mileage plus you/your team to the Derbados Cycling Challenge facebook page.4. Email your information sheet by 10am Friday 3 May 2019
Deadline for sponsors	All monies to be sent to Annabel's Angels by 10 May 2019
Prizes	For special achievements will be announced by 17 May 2019

Disclaimer – you are responsible for organising your cycling elite (or not so elite, up to you!), checking everyone is able to undertake the challenge, raise and collect funds and keep us posted. Most of all we want you to **have fun**, and smash Team Huub Sky Recruitment Solutions – let's take them on and show them what we are made of!

Registration sheet

Please complete and send via email to Rachel.Hayward@annabelsangels.co.uk by **5 April 2019**

Individual/Team Name

Main organiser

Name

Age

Contact details email

Contact Details telephone number

Date of proposed tour

Derby or Spain

Team members **(please print)** (if applicable)

Name

Age

Name

Age

Name

Age

Disclaimer

I the undersigned, agree to collect and donate sponsorship funds for the Derbados Cycling Challenge to raise awareness and funds for Annabel's Angels, and the Derbyshire Institute for Sport. I confirm that I and my team (please delete if not appropriate) are fit and well to undertake the challenge and will organise all aspects to ensure a safe and happy tour. I also agree to collect all monies and send to Annabel's Angels by 10 May 2019.

Signed..... please print Date.....

GDPR

Annabel's Angels and Derbyshire institute for Sport will collect and use your data only for the purposes of this cycling challenge. All data will be kept confidential, secure and will be deleted by 1 September 2019

Information Sheet - To be completed once you have cycled - Derby

Team/Individual Name

Date/s of ride

Did you achieve 193 km? Yes / No

How long did it take you?

How much money have you raised?

Have you posted your photos and results on the Facebook page?

Without this we cannot enter you for the special prizes so don't forget to send it in to Rachel.hayward@annabelsangels.co.uk by

10am Friday 3 May 2019

ANNABEL'S ANGELS

Registered charity in England and Wales 1157814

Name -

Thanks for choosing to sponsor me to support Annabel's Angels, a local charitable trust set up to support cancer patients and their family members in Derby.

Name	Home address & postcode (only needed if you are Gift Aiding your donation)	Amount	Date paid	Gift Aid? ✓
