

Mark I'Anson

Virgin London Marathon 2010

Sponsorship Campaign

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Mark l'Anson



# Why Am I Doing This?

Thanks for taking the time to read this brochure My name is Mark and I'd like to share something with you.

In 1991 I jumped out of an aeroplane, the parachute didn't open correctly. The jump didn't go well and I hit the ground at over 30mph - ouch..! A 45 minute ambulance ride with a dislocated hip is something that I don't recommend to anyone - especially when the only painkiller is gas & air. I spent a few weeks in the Army hospital at Woolwich in London on traction, my injuries were not life threatening - just very painful. But I did get out eventually and spent some time at home on crutches.

I was active before the accident, skiing, squash, water skiing and, of course running, but I spent the next 10 years with a 'dodgy knee' and I wouldn't walk anywhere - 'lets get a cab' seemed to be my catch-phrase. Last year I finally went to the doctor's and asked for an operation because my 'dodgy knee' was affecting my life. 3 days later I was back in hospital. The operation was successful and I was pain free for the first time in over 10 years.

I dared visit (even joined) a gym in Towcester with my wife Deborah. The first thing was a fitness test which I did, explaining that weights were probably okay for me, but I saw the treadmill. I started her up and completed a 2 mile run - exhausted but pain free, I went back the following night and did another couple of miles, then the next and the next.

I am running to benefit two charities - The Loddon School and the Children's Society - My target is £5,000 and you can see why I'm supporting the Charities on their Just Giving page. Have a look at what they do - it's quite incredible. My two chosen charities both look after children, which are close to my heart. I have two wonderful daughters that are healthy and it's my chance to give something to help other children that have a disadvantage in life.

Me and my charities aren't looking for your sympathy just your money to enable children to have a better life. Anything that YOU can give will be gratefully received.

Don't put it off or think, "I'll do it later" Please **DO IT NOW..!**

Kindest regards

Mark



# The Loddon School

The Loddon School was established by Marion Cornick in 1988 as a charitable trust to provide a much needed school in the south of England for children who can no longer live at home because of their exceptional support needs.



## **It is the only school of its kind in the UK**

The Loddon School is both home and school for 28 children who have the most severe and complex learning difficulties. Many children also have additional problems associated with autism and epilepsy, including self injury, aggression and disruptive behaviour.

The children live at the school 52 weeks a year so The Loddon is a home which provides education, leisure, play, outings and holidays. Some children live in houses nearby and come to school daily. All children live in small family groups with their own staff who are responsible for their care and support programme and their social development.

## Here's what your money will do:

- Improving life for children with autism and their families
- Working to give staff additional skills to meet the challenge of severe autism
- Developing communication aids for children with autism
- Changing the lives of people with autism
- Giving staff and families confidence and skills to support severely disabled children

**THE LODDON SCHOOL**  
Wildmoor Lane • Sherfield-on-Loddon  
Hook • Hampshire • RG27 0JD  
Tel: 01256 882394  
Web: [www.loddonschool.co.uk](http://www.loddonschool.co.uk)



## The Children's Society

### Who We Are

The Children's Society is a leading children's charity committed to making childhood better for all children in the UK founded in 1881

### What We Do

We take action to prevent, rescue and support children facing life trapped in a vicious circle of fear and harm.

### How We Do It

A national network of projects, pioneering research, influential campaigning, the UK's first independent national inquiry into childhood...and more.

## Here's what your money will do:

- Intervene in the lives of children across the country, providing the right support at the right time.
- Rescue children across the country, providing immediate and lasting help for thousands of children who are in desperate need.
- Ensure that individual disabled children are given a voice in the decisions that affect them, now and in the future.
- Provide expert services in the area of youth justice.
- Prevent vicious circles of fear and harm developing.
- Provide ongoing support for children for as long as they need our help



Ed Balls MP invited Helen Southworth MP, members of The Children's Society staff and former runaways to No. 10 Downing Street for the launch of the Young Runaways Action Plan.

# How to Sponsor Mark

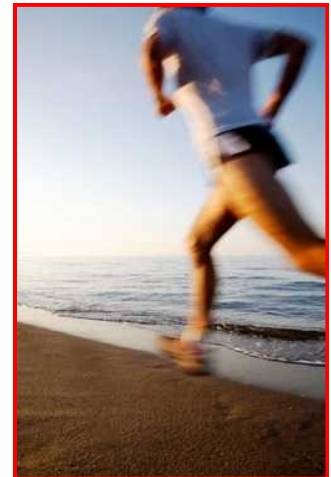
Go to:

<http://www.justgiving.com/Mark-I-Anson>

to support **The Loddon School**

<http://www.justgiving.com/Mark-I-Anson>

to support **The Children's Society**



**OR:** The link to Just Giving is also on my **facebook** page:

<http://profile.to/markianson>

You can sponsor by credit card, debit card or Paypal. Details are secure and your money goes straight to your chosen charity.

Your sponsorship will be gratefully received, and please remember, me or my charities aren't looking for your sympathy—just your money—please sponsor me NOW..!

Just Giving process donations and reclaim Gift Aid for their member charities, and charge a small fee for our service.

It works like this:

When you donate £10 on our site, Just Giving send 100% to the charity by the end of the week. Just Giving reclaim Gift Aid from the government, which takes about a month, adding £2.82 to your donation.

It's only when we receive the Gift Aid that Just Giving charge our [5% fee](#), along with credit/debit card/PayPal charges, and send the rest to the charity. If you are not a UK taxpayer and Just Giving can't reclaim Gift Aid, our fee comes out of your donation. Since over 85% of donations through Just Giving are eligible for Gift Aid, our charities always end up raising more with us.

So, for every £10 you give as a UK taxpayer, the charity receives almost £12, and they get it much faster than they would otherwise.



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