

## Brighton and Sussex University Hospitals Charity

The BSUH Charity advances care provided for patients at your four local hospitals through state-of-the-art equipment, patient amenities, specialty training and innovative research. Donations to the charity support:

- ♥ The Sussex Eye Hospital
- ♥ The Royal Sussex County Hospital
- ♥ The Royal Alexandra Children's Hospital
- ♥ The Princess Royal Hospital

The BSUH Charity has been making it better for patients since 1995, advancing care throughout BSUH NHS Trust by capitalising on the newest diagnostic and treatment technology. Wards and Departments are able to quickly implement innovations in healthcare, thanks to generous supporters.

By registering for the Swim-a-thon and raising sponsorship you will make it better for patients in Brighton, Hove and Mid Sussex.

We really hope you are able to join us for the 2017 Swim-a-thon. Enjoy the event and try to raise as much sponsorship as possible. Thank you in advance.



# Charity Swim-a-thon

**25th June, Sunday**

**Brighton Swimming School**

**£25 team registration**

BSUH Charity would like to thank Brighton Swimming Centre for the generous use of their facilities. Without this support, the event would not have happened.



Reg Charity No 1050864



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What is a Swim-a-thon?  
Swimmers seek sponsorship and take part in a team swim to raise money for BSUH Charity. Each team will swim for 55 minutes in one lane with only one person swimming at once, usually one lengths at a time and only for as many lengths as they can manage.

### How to enter a team

Each team will consist of a minimum of 5 people and all swimmers must be competent in water to a depth of \_\_\_ metres. Having decided to enter a team, the next step is to fill out the entry form opposite and return it asap: spaces are limited!

Acceptance and sponsorship forms will be sent by email and teams should then begin to seek sponsorship. An entry fee of £25 is required for each team; this can be paid by cheque or online. (INSERT link)

### On the Day

Each team will swim for 55 minutes with start times at hourly intervals from 13:00 until 15:00. Teams may organise their relay of swimmers in whatever way they think fit. There is no requirement for each team member to shoulder an equal amount of the work, on a need for the team swimming to be constant and unbroken in the lane allocated to them for the entire 55 minutes.

### Sponsorship

All money raised will go to BSUH Charity, a local charity that supports care given at Royal Sussex County Hospital, Eye Hospital, Royal Alexandra Children's Hospital and Princess Royal Hospital. Sponsorship will be registered on official BSUH Charity forms or by teams opening up an online sponsorship page with Justgiving (link).

After the swim, each team will be responsible for collecting the promised sponsorship and returning it to BSUH Charity. It is your sponsorship that makes it better for patients. Please try to raise as much as possible!

### Please send your completed entry form to:

BSUH Charity, Royal Sussex County Hospital, c/o Post Room, Eastern Road, Brighton, BN2 5BE.

Email: [Charity@bsuh.nhs.uk](mailto:Charity@bsuh.nhs.uk)

### ENTRY FORM

Please enter the information in black or blue ink, block letters:

Organisation: \_\_\_\_\_

Name of Team (fun Name): \_\_\_\_\_

Team Captain: \_\_\_\_\_

Tel: Home \_\_\_\_\_ Work \_\_\_\_\_ Mobile \_\_\_\_\_

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

Address: \_\_\_\_\_

Ctiy/Postcode: \_\_\_\_\_

We wish to enter \_\_\_ team(s) for the above event and our preferred timeslot is (please circle):

13:00 – 14:00

14:00 – 15:00

15:00 – 16:00

Please note spaces are limited and we cannot guarantee times.

### Swimmers' Names:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_