



SUNDAY, 20 SEPTEMBER 2009

**Please come and help at Cam-mind's
biggest fundraising event ever!!**

- Chariots of Fire is the region's largest charity relay race. It attracts teams from hundreds of businesses and organisations across the area – each with six team members who run the 1.7 mile course around Cambridge - starting at Queens Green, following in the footsteps of the famous *Chariots of Fire* film.
- **Over the past 17 years Chariots has raised more than £700,000 for local charities – and Cam-mind is delighted to have been chosen as this year's *charity of the year*.**
- To make the event work well we need in the region of 100 volunteers on the day itself, to fulfil a variety of roles, including:
 - **marshalling**
 - **handing out water/medals**
 - **tin shaking**
 - **setting up/clearing up**
 - **registering teams**

PTO

- **Volunteers will be required between 7am and 12.30pm on the day. Refreshments will be provided – and a great atmosphere is guaranteed!!**
- This is the biggest fund-raising event ever for Cam-mind and will have huge benefits both in terms of raising our profile and raising funds to support our services. In particular it will help us to expand the befriending service. The Chariots organisers are also keen to help us to develop services designed to tackle stigma and discrimination and to help local employers to tackle stress, anxiety and depression in the workplace.
- **If you are able to help, please let us know as soon as possible. We will then allocate you a role for the day.**
- You will then be given a full briefing nearer the time.
- **We are also entering a team into Chariots – so if you would like to be part of that, please let us know!**
- This is a fantastic opportunity to show what Cam-mind is all about to thousands of local people. There will be a great atmosphere and it will be fun!
- For more information please go to **www.chariots-of-fire.co.uk**

If you can help – please call Alison, at Cam-mind office on 01223 311320 or email admin@cam-mind.org.uk

as soon as you can. Thank you!

Cam-mind
Supporting local people
experiencing mental health problems

Registered Charity No. 265087

www.cam-mind.org.uk