

**ARE YOU READY FOR A CHALLENGE?
DO YOU WANT TO DO SOMETHING DIFFERENT?
WHY NOT SUPPORT IPSWICH MENCAP BY DOING
SOMETHING SPECIAL.**



Bungee Jumps



Tandem Sky Dives



Wind Tunnel Experience



Run a Marathon



Snooker/Pool Marathon



Darts Marathon



Hold an event



Bike Rides



Driving Experience

Swimming event



Walking/Climbing

Challenge yourself, raise money and support the charity by sponsorship. Application fees for any event will be paid for. You raise money over and above the cost of these. All money stays local for the support of local people with learning disabilities.

Contact Barbara 07766 103563 for more information about the charity and Sponsor forms