



### **Up, up and away!**

As part of this year's fundraising efforts, IRLA have assembled a team of intrepid individuals who have signed up for our charity tandem skydive. The event is organised by [UK Parachuting](#) and will take place at 11:00 on 29 September 2020 at Ellough Airfield near Beccles, Suffolk.

UK Parachuting are following Covid-19 government guidelines for everyone's safety. They will not be providing gloves or jumpsuits. Skydivers should bring their own gloves, wear trainers and comfortable clothing, and bring a face covering for the airplane ride. The site offers a takeaway cafe, toilets and your own designated area for your friends and family (max 6 persons).

If you are interested, it's not too late to be involved in this thrill-seekers event and enjoy the sights of Suffolk from the skies. You can register [here](#). You are asked to raise a minimum of £350, with the fundraising total being split between our chosen charities - Alzheimer's Research UK and Young Minds.

If the idea of jumping out of a plane at approximately 12,000 feet doesn't appeal to you, then perhaps you would consider sponsoring our team. Please click [here](#) to head to our Just Giving page.

Thanks in advance for your support.

Dawn Rutherford  
Secretariat