



A FUNDRAISING EVENT IN AID OF FUTURE DREAMS BREAST CANCER CHARITY
BOXERS INFORMATION PACK



FUTUREDREAMS FOUNDERS

Sylvie Henry 1947 - 2009
Danielle Leslie 1970 - 2010

"THE **FUTURE** BELONGS TO THOSE WHO
BELIEVE IN THE BEAUTY OF THEIR **DREAMS**"

Eleanor Roosevelt

Future Dreams was established in 2008 by mother and daughter Sylvie Henry and Danielle Leslie. By a cruel twist of fate they had both been diagnosed with breast cancer, Danielle, just 35 and a mother of three young children. Tragically, both women lost their lives to the disease within a year of each other. Their dream was to make sure that nobody should ever have to face this illness on their own. Since then Future Dreams has raised over £7.5million to fund the charity's three divisions: support, awareness and research.

In 2021 Future Dreams opened the doors to the only specialised breast cancer support centre in the UK, Future Dreams House. From there we reach out across the country to the breast cancer community, offering a non-medical environment, online and in-person, to help people take on this disease from a place of solidarity and empowerment.

"NOBODY SHOULD GO THROUGH
BREAST CANCER ALONE"

Our support services provide practical, emotional and psychological support from diagnosis, throughout treatment and beyond. This includes professional support with feelings of isolation and loneliness, help with the side effects of chemotherapy, radiotherapy and breast surgery, techniques to reduce stress and anxiety and the development of coping mechanisms to address fears of re-occurrence and movement as well as exercise classes to increase strength and fitness, reduce cancer related fatigue, boost the immune system and stimulate lymphatic systems. Most importantly we enable individuals touched by breast cancer to find support and friendship with others on similar health pathways and with shared experience.

Future Dreams also funds vital research into secondary breast cancer and raises awareness of breast cancer and the benefits of early detection and diagnosis.





Thank you for agreeing to be part of Fight Night V. White collar boxing will provide a unique opportunity for you to experience the thrill of the boxing ring in a safe environment, raise money for charity and get in the best shape of your life.

What we require from you

Upon registration

- ◆ Full name
- ◆ Date of birth
- ◆ Current Weight (in kg)
- ◆ Height (in cm)
- ◆ Contact details
- ◆ Details of where you will be training/your trainer's contact details
- ◆ We will contact you separately to discuss the medical checks you will need to undertake

By 29 February 2024

- ◆ Your boxing name (get thinking) *for example: David "The Haymaker" Haye*
- ◆ Your walkout song

YOUR COMMITMENT

In return for one of our much coveted boxing places we ask for your commitment to raise funds for Future Dreams by:

- ◆ Selling tables to the event to family, friends and colleagues
- ◆ Securing bout sponsorship. Please send potential sponsors the separate Bout Sponsorship document
- ◆ Setting up a Just Giving fundraising page and asking your networks to support you

Please see the fundraising tips at the end of this pack.



BOXING KIT

Kit is provided on the night and must be worn.

KIT ON THE NIGHT

We will provide you with

- ◆ Head-guard
- ◆ Boxing gloves
- ◆ Boxing top
- ◆ Boxing shorts

Items you will need to provide

- ◆ Manhood protector
- ◆ Wraps (bandages)
- ◆ Gum shields are mandatory – (preferably fitted) it cannot have any RED in it. You will not be allowed to fight without one.
- ◆ Washbags and towels
- ◆ A change of clothes post fight. Smart training wear or black tie.
- ◆ Black boxing boots



FIGHT NIGHT

OFFICIAL WEIGH IN

There will be an official weigh in on the day of the fight. You will also undergo a medical by our medical team before weigh in and again, after your fight.

TEAMS

There will be Team Future v Team Dream

On the night there will be six bouts – five male and one female. Each fight consists of three two-minute rounds with one minute rest in-between.

SONG CHOICE

When you are introduced on the night, we will play a song for your walk-on moment.

ASSISTANCE ON THE NIGHT

Each team will have:

- ◆ A team room with refreshments
- ◆ Technicians
- ◆ Trainers ring side
- ◆ Trainers for warm ups prior to your fight
- ◆ A fully qualified medical team and ambulance.

INSURANCE

Boxers are insured and Future Dreams pay the bill for this. If you do not want to be covered and want to get your own insurance then please let us know.



BOUT SPONSORSHIP

SPONSOR A BOXING BOUT FOR £2000

- ◆ Naming rights to a boxing bout
- ◆ Company logo on boxers clothing during fight
- ◆ Announcements and credits during match commentary and in VTs for your fight
- ◆ Logo and fight name in event programme given to guests on night
- ◆ Bout sponsor to present the trophy to the winner of the fight in the ring
- ◆ Logo on screens during event
- ◆ Professional photographs
- ◆ Inclusion in event PR/social media activities
- ◆ Inclusion of product sample and/or promotional literature in VIP goodie bag

A separate Bout Sponsorship form has been produced for you to circulate to your networks.



FUNDRAISING TIPS

- ◆ Tell everyone - your family, friends and colleagues - you are competing in Fight Night V in aid of Future Dreams via conversations, email, social media and share the link to your JustGiving page.
- ◆ Post regular updates on social media highlighting your training progress and milestones achieved. Include lots of photographs and videos. People are more likely to sponsor you if they understand your commitment and feel part of your journey. They will want you to help you reach your goals.
- ◆ Don't forget to tag Future Dreams
- ◆ Find out if your employer offers match funding – it's a great way to double your total and for companies to give back to charity.
- ◆ Circulate the bout sponsorship information to corporate contacts in your networks
- ◆ Encourage friends, family and colleagues to attend on the night – having support in the room will boost your self-confidence and make all the hard work in training worth it.

Good luck!

Your main contact is Jo Moulder:

joanne@futuresdreams.org.uk • 07595 626332



THANK YOU!

Last but not least, a huge thank you from all the team at Future Dreams for taking part in this event and helping to raise vital funds for such a worthwhile cause.





FUTUREDREAMS

SUPPORT . AWARENESS . RESEARCH

FOR THOSE TOUCHED BY BREAST CANCER

FUTUREDREAMS.ORG.UK

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