

Please sponsor me!

I'm going to be _____

to raise money for Heads Above the Waves _____

Name	Address	Amount	Paid

Heads Above The Waves is a not-for-profit organisation that raises awareness of depression and self-harm in young people, and promotes creative, positive ways of dealing with the bad days. Find out more at HATW.co.uk

Heads Above The Waves CIC is a company registered in England & Wales with company number 9534155