

## About the abseil

The National Glass Centre is ideal for all those people who've always wanted to try abseiling, but been a little nervous.

As the building is relatively low (40ft) we are able to offer the event to both adults and children over 12 years. (A parent/guardian must be present on the day of the event if participants are under 18 years of age).

All we ask is that you try and raise as much sponsorship as possible and wear sensible clothing.

## How to apply

To take part in this fun abseil complete the entry form opposite and send it with your registration fee of £10 which covers the cost of staging the event. You will then be sent a sponsor form and all the details you need for the abseil, including your estimated abseil time.

Please try and raise a minimum of £100 which is payable on the day of the event (you can give us a post-dated cheque for one month after the event). Everyone who takes part will receive a certificate of accomplishment.

### Please note:

Abseiling is a physically demanding activity. If you are in doubt about your current medical condition please consult your doctor before registering. Main exclusions are cardiovascular or respiratory disorders and epilepsy.



*One of our past participants Mildred aged 75 said... "it was an experience which I'll never forget and it was worthwhile for the all the money I raised which gave me the encouragement to do it – thank you for a great day"*

## National Glass Centre Abseil Entry Form

Please complete one form per entrant

Title:                      First Name:                      Surname

Home Address:

Post Code:

Tel (day):

Tel (eve):

Mobile:

D.O.B.:

Email:

How did you hear about this event?

Does your employer operate a 'matched giving scheme'? YES/NO

Do you have a special reason for taking part?

If yes what is your reason?

Can we contact you re publicity? YES/NO

Please tick your preferred time slot. This is not a guarantee – spaces will be allocated on a first –come-first-serve-basis.

am                       pm

I enclose a cheque made payable to Grace House North East

Entry Fee - £10 per person                      £

Personal Donation (in addition to sponsorship)                      £

Grace House T-Shirt (£8 each)                      £

Grace House Skinny T-Shirt (£8 each)                      £

Size S    M    L    XL    XXL    Total                      £

Gift Aid (tick this box) I am a UK taxpayer and would like my personal donation to be gift aided e.g. increase the value of your donation by 28% at no cost to you)

**Please now sign the registration form overleaf.....**

## Signature

I, the undersigned, wish to take part in the above abseil challenge. I understand that this is done at my own risk and I absolve Grace House North East Children's Hospice appeal from any injury incurred or any damage to property through participation. I fully understand that this is a sponsored event and I promise to raise the minimum sponsorship and to bring the amount on the day of the event.

Signature:

Date:

Parent / guardian consent: I confirm that I am happy to allow the above under 18 to participate and will accompany that person to the event.

Signature:

Date:

## About Grace House North East Children's Hospice Appeal

**The Grace House North East Children's Hospice Appeal is raising money to build a new hospice for children and their families who live in the North East of England.**

**It is estimated that there are 1000 children in our area who need this type of care and unfortunately there are only 12 hospice beds to serve the whole of the region (the lowest provision throughout the UK).**

**This new hospice will provide a much needed service and support for children and families.**

## Online Fundraising

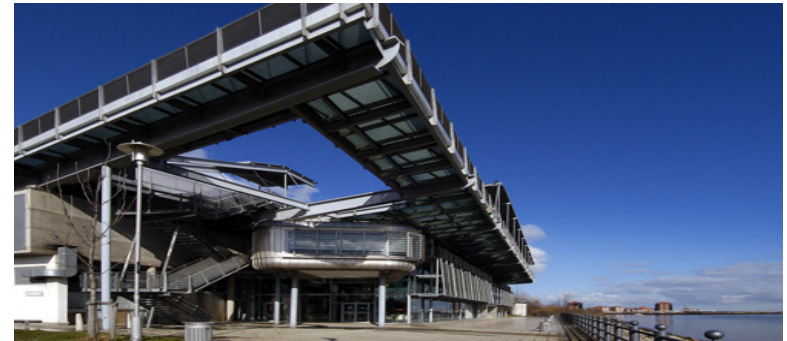
Don't forget to visit our website to set up an online fundraising page – [www.gracehouse.co.uk](http://www.gracehouse.co.uk)

Grace House North East Children's Hospice Appeal  
Business & Innovation Centre, Wearfield, Sunderland. SR5 2TA

Registered Charity Number: 1100682  
Tel: 0191 5166302 – Karen Maclennan  
Email: [km@gracehouse.co.uk](mailto:km@gracehouse.co.uk)

# Grace House North East

children's hospice appeal



# CHARITY ABSEIL

from the  
National Glass Centre  
Sunderland

Sunday 29<sup>th</sup> March  
2009  
10am – 5pm



Registered Charity Number: 1100682