



Princess Alice
Hospice

Spinnaker Abseil

Take the leap!

Fundraise for your hospice

Call 01372 461808 or visit our website for more information

FREE registration (£300 Minimum sponsorship)



Sat 17 and 24 March 2018

Caring when it matters



Join us @PAHospice

Kate's story

“Princess Alice Hospice put simply, are just amazing...

My experience of Princess Alice Hospice dates back to when my Mum was admitted to the Hospice at the end of her incredibly brave battle against the “big C” in 2001. At 15 years old, I had very little understanding of what a Hospice was like and after visiting, it was definitely an eye-opening experience.

I will always remember the sense of complete calm that you felt when you entered the Hospice, and at that moment, I knew this was not a place to be sad, but was in fact a place to reminisce, talk, laugh or simply just sit with a loved one.

The nurses that I spoke to during my visits at the Hospice were such amazing people and were always offering support to my family and I. Even after my Mum had passed, these men and women were there for me as a shoulder to cry on, and as you can imagine, that meant the world to a teenage girl who had just lost her mum.

My family and I will forever be grateful, not only for the time and attention they gave to my Mum in her final days, but also for the time and attention they provided me and my family in those dark days afterwards. That is the reason why our admiration for the Hospice didn't end when we left the building...



And then came the ‘Over the Edge’ abseil challenge on 21 March – funnily enough, my birthday! As someone who is terrified of heights, I didn't jump for joy at the thought of taking part, but as it was being held on my 29th birthday I thought, “Oh, why not?!”

On the day of the abseil, I remember sitting in the waiting area, half way up the building and the nerves started with a vengeance. By the time it came to climbing the stairs to the top, I had lost all control of my legs – I have never had shaky legs like it and I was struggling to stand still, let alone abseil! To say I was nervous would be an understatement!

However, the abseiling instructors filled me with nothing but confidence. They were so calm and relaxed in their explanations as they strapped me into the harnesses and ropes. I then stepped up onto the platform, and with encouragement from the team, I slowly lowered myself over the edge. Before I knew it, I was on the ground and it was all over!

I felt such a sense of accomplishment that day and I am so proud to have taken part, faced my fear, and most of all, to have raised so much money for Princess Alice Hospice. I couldn't recommend this challenge highly enough!

”



Important Information

Times

We would ask that you arrive at our group and advanced bookings desk at least 15 minutes prior to your booking. If you arrive after the time of your booking you will not be admitted and not eligible for a refund.

Clothing

Long hair must be tied back by an elasticated hair band and not with any item which could cause harm or injury if it were to fall off during the abseil. Fancy dress is permitted in certain circumstances. However all outfits must not be loose/baggy so that they will get caught in the abseil equipment and cause a safety issue. Specifically no capes and no tankini's may be worn whilst taking part in the abseil. You should wear closed toed footwear with flat rubber soles such as trainers, sport and hiking shoes and not leather shoes without grips or shoes with heels. Refusal to wear appropriate footwear will result in you not being allowed to abseil and no refund will be given.

Cost

There is no registration fee, but we do ask you pledge to raise at least £300 in sponsorship for Princess Alice Hospice. The more you raise, the more funds we have to provide our high quality care and support to patients and their families.

Collecting and submitting sponsorship

Many of our supporters find it easier to collect sponsorship online via JustGiving or Virgin Money Giving – a JustGiving help sheet is contained within this pack. If preferred, we have also included a paper sponsorship form. Any sponsorship money

raised offline can be brought into the Hospice – please remember your completed money return form and sponsorship form(s) when you hand the money in to Reception.

If you're unable to drop your money directly to the Hospice, then you can send us a cheque made payable to Princess Alice Hospice. However, please note it is very important to send your sponsorship form(s) along with your cheque, which will allow us to claim Gift Aid on your sponsorship money (where applicable). If the cheque is sent without a sponsorship form attached, we'll be unable to claim any Gift Aid.

Restrictions

To abseil you must be 18 years or older. You must weigh less than 21 stone (130kg) which is the maximum weight our harnesses can bear. If you do not meet these criteria you will not be allowed to abseil. You may be required to produce proof of age for any person whom we reasonably believe is under 18 years of age. The abseil is not suitable for anyone who is pregnant.

Alcohol and Intoxication

Abseilers must not be under the influence of alcohol or legal or illegal substances which would make it unsafe for them to participate in the abseil or to understand the instructions given by the abseiling contractors. You will not be allowed to participate if we suspect you are under the influence of alcohol or legal or illegal substances which we believe would make it unsafe for you to abseil.



Insurance and safety

The abseiling event is insured by Spinnaker's insurance. Please see their website: <https://www.spinnakertower.co.uk/events/event/abseiling/> for further information and contact details. Your abseil coordinator will go through all of the abseil procedures and safety considerations. You will be responsible for following the instructions given to you during your safety briefing.

Declaration and waiver

You'll be required to sign a declaration and waiver form on the day of your visit prior to your abseil. You will be required to sign this on your own behalf.

Medical

- Abseiling down the Spinnaker Tower requires physical exertion to complete the descent. You are required to read the details of the abseil before placing your booking and you acknowledge you have been made aware of the activities involved in the abseil.
- You must be capable of taking part in the abseil unaided.
- You are responsible for ensuring that you are in a fit state to participate in the abseil and are able to participate in a manner which will not put at risk your health & safety or the health and safety of bystanders below you and agree that you have made all adults in your booking aware of the same.
- We do not recommend the abseil to anyone with vertigo. We are unable to advise you on medical conditions so if you are in any doubt as to whether or not you are fit to take part we would advise you to consult with a medical professional.

Requirements

- It is your responsibility to notify the Spinnaker in advance of placing your booking of any special access requirements you may have as they may not be able to accommodate all special access requirements if they have not been made aware of them prior to the date of visit which may result in not being allowed admission. If requested, you agree to provide a certificate of fitness from your General Practitioner or such other medical practitioner as they may reasonably request to confirm you are in a fit state of health to participate in the abseil.
- If you have any conditions or concerns that may impact your ability to safely complete the abseil which you have not notified the Spinnaker of in advance then you should notify them on the day of your visit. They will use reasonable endeavours to make arrangements to facilitate your abseil, however, taking into account your health & safety and of those around you they reserve the right, without refund, to refuse permission to participate in the abseil if they believe it would jeopardise your health & safety or that of other participants. Guests are requested to address specific access requirements in advance of their booking by contacting reception@spinnakertower.co.uk or phoning 023 92 857521. They will always endeavour to accommodate special access requirements; due to the nature of abseiling down the Spinnaker Tower and their obligations to health & safety of all guests, there may be times when they are unable to accommodate your specific needs.

Cancellation policy

If the Spinnaker close the abseiling other than as a result of your acts or omission's the Spinnaker will strive to reschedule to a time which you are able to attend.

For further information please contact the Supporter Care Team on 01372 461808 or supportercare@pah.org.uk



things to know

before filling out this form

- The Princess Alice Hospice Spinnaker Abseil takes place on Saturday 17 or 24 March 2018.
- You must be over 18 to take part in the abseil.
- You must weigh less than 21 stone when fully clothed.
- The abseil is also not suitable for anyone who is pregnant.
- Registration is free, but we ask you to pledge to raise £300 minimum in sponsorship.
- There are a limited number of abseil places, therefore these will be allocated on a first come, first served basis.
- You will have 8 weeks after the event to get your sponsorship to PAH.
- The Abseil will take place at Spinnaker Tower, Gunwharf Quays, Portsmouth, Hampshire, PO1 3TT

Personal Details Please complete in UPPER CASE

Title:	<input type="text"/>	First name:	<input type="text"/>	Surname:	<input type="text"/>
Address:	<input type="text"/>				
	<input type="text"/>	Postcode:	<input type="text"/>		
Tel No. (Day):	<input type="text"/>	Tel No. (Evening):	<input type="text"/>		
Email address:	<input type="text"/>	Date of birth:	<input type="text"/>		
Place of work/education:	<input type="text"/>				
Gender:	<input type="text"/>	Weight:	<input type="text"/>		
T-shirt (unisex) size: <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large <input type="checkbox"/> XX-Large					
Which is your preferred abseil date? <input type="checkbox"/> Saturday 17 March <input type="checkbox"/> Saturday 24 March					

Questions

1. Why have you chosen to support Princess Alice Hospice?

2. Are you abseiling in memory of someone? (If so, please include their name here and state your relationship to them.)



3. There is a minimum pledge of £300 – how do you plan to raise this money?

4. Are you abseiling as a member of a team?

☐ Yes ☐ No

5. If yes, please provide all team member names below.

Please note each individual must complete their own application form).

6. Is this a corporate team?

☐ Yes ☐ No

7. If yes, please provide the company name here.

8. Does your organisation offer match funding?

☐ Yes ☐ No

9. Have you participated in any other sponsored events? If so, please provide us with examples, the charities you supported and how much you raised.

10. Do you have any injuries that we need to be aware of?

11. Do you belong to any groups or clubs?

12. How did you hear about Princess Alice Hospice and our abseil events?

13. Would you be interested in having a tour of the Hospice?

☐ Yes ☐ No

14. We like to keep supporters up to date with our work and the difference you help us to make.

Please tick the boxes to tell us how you would like to receive communications from Princess Alice Hospice:

- | | |
|---|--|
| <input type="checkbox"/> Yes please, I'd like to hear from you by email | <input type="checkbox"/> Yes please, I'd like to hear from you by text message |
| <input type="checkbox"/> Sorry, I don't want to hear from you by mail | <input type="checkbox"/> Sorry, I don't want to hear from you by telephone |

We will never share, sell or swap your personal data with any third parties for marketing purposes.

Declaration

- Medical Restrictions - You must weigh under 21 stone fully clothed on the day of your abseil. Abseiling down the Spinnaker Tower requires physical exertion to complete the descent and you must be capable of taking part in the abseil unaided.
- We do not recommend the abseil to anyone with vertigo. We are unable to advise you on medical conditions, so if you are in any doubt as to whether or not you are fit to take part, we would advise you to consult with a medical professional.
- **Important notice** - Abseiling is an adventure activity and participation in such activity necessarily involves a risk of injury or death, regardless of the standard of training, supervision and equipment employed. I voluntarily accept all the risks inherent in the activity and I agree for myself and my personal representatives to indemnify and hold harmless Princess Alice Hospice against any claim or claims, whether on my own account or from third parties, arising out of any accident or incident resulting in any loss or damage (including bodily injury and death).
- I confirm I have read all the above sections marked Booking Terms and Conditions, Medical Restrictions, Insurance and Safety and Important Notice.
- I understand and agree to be bound to those terms and conditions and to comply fully with the same.
- Registration for our abseil is free, but by signing up, I accept that I am pledging to raise at least £300 in sponsorship for Princess Alice Hospice.

Print name:

Signed:

Date:

(If completed on a computer, please print your name instead of signing, to confirm that you agree with this declaration)



Please return your form either by post:

Community and Events team, Princess Alice Hospice, West End Lane, Esher, Surrey, KT10 8NA

Or by email: supportercare@pah.org.uk



If you have any questions, please call the Supporter Care Team on **01372 461808** or email **supportercare@pah.org.uk**

Consent for photography and video

Why do we need photographs and video footage?

At Princess Alice Hospice, we use real photos and footage of real people to show what the Hospice is like. We use photos in internal and external publications, on our website, on our social media channels and in fundraising material. We use video footage for our internal intranet, the web and social media channels.

Period of use – three years

We may use your images – photography and/or video – for up to three years.

I have read and understood the information. I understand that I have been asked to share my photograph/video taken at the Spinnaker abseil.

I give my consent for photographs and/ or footage to be used in:

Hospice magazines and publications	Yes / No
Hospice website and e-newsletter	Yes / No
Fundraising materials, flyers, leaflets, etc.	Yes / No
Patient information leaflets	Yes / No
To support press releases	Yes / No
Social media, future films and DVDs to highlight our work	Yes / No
Are you happy to be contacted about featuring in future publicity material, for example, for us to ask if you are happy to tell your story as a case study?	Yes / No

Use of name and where you live

We may not need to use your name but sometimes it is helpful to give names and say where you live. Please circle or tick your preference below:

- ☐ Use my first name only
- ☐ Use my first name and where I live
- ☐ Never use my name or where I live

CONSENT: I confirm that I have agreed to be filmed and/or have my photograph taken. I acknowledge that I have been fully informed that these images could be used to benefit the Hospice in publicity materials and publications (print and online) and local and national media (subject to consent ticked above).

Print name:

Signed:

Date: