

Sponsored by



DAVID LEE
SOLICITORS

Thank you so much for signing up to take part in The Myton Hospice's abseil!

This event is sure to give you an adrenaline rush and has quickly become one of our most popular challenges. See Coventry from new heights as you walk 90 feet down the side of the city's beautiful cathedral, whilst raising vital funds for Myton!

Everyone has a different motivation for taking on this challenge, but we all have a shared goal of helping to raise £35,000 from this event so we can continue to provide our services free of charge, now and in the future.

To reach our target of £35,000 we rely entirely on you raising sponsorship. We're asking you to raise a minimum of £200 in sponsorship to help us hit this target. Remember, once you've hit your £200 target you don't have to stop there; if you raise more it means we can help even more people.

And if you raise £500 or more you will get a Grey Myton Hoodie!



The sponsorship money you raise will help to ensure we are there for more people like Ruchi and her family, when they need us most:



Ruchi Sharma was admitted to Coventry Myton Hospice on 26th June 2019. Ruchi, 37, had been diagnosed with terminal breast cancer in September 2018 and returned home to India to be close to her parents Ram and Madhu, their family and many friends. She had treatment in India and eventually felt well enough to return to Coventry where she had moved to in 2015 to lecture at Coventry University. Ruchi had a PHD in business and had contributed to a number of journals, as well as teaching students at the university – a job that she loved.

After Ruchi returned to Coventry she became unwell and her consultant advised that her liver had stopped working properly due to the spread of the cancer and referred her to Myton to spend her final days. Ruchi's parents flew over from India to be with their only child and over the following days she had a constant stream of visitors. She was a strong young woman and despite being very poorly, some days she appeared more stable.

The Saturday after Ruchi arrived at Coventry Myton Hospice she told the Inpatient Unit Manager Nic that she would like to return home to India to die. Nic had a long discussion with Ruchi and her family before alerting on call doctor Jess of their wishes. At this point doctors Jess, Nik and Sarah and the nursing team began to do everything they could to make

this possible for her. This was not something that the team had previous experience in and they sought advice from national charity Hospice UK and began to liaise with the airline and complete the complex documentation required to try to make this happen. The team sent a letter to the airline to expedite the assessment of her case and had multiple conversations with them but with each day it was becoming more apparent that Ruchi was becoming increasingly unwell and unlikely to make the journey, perhaps even to London to the airport. Ruchi and her family were all still keen to try and were very aware of all the risks and considerations. Ruchi was a determined young woman and this was her dying wish so the team at Myton did all that they could to facilitate her final journey and it gave her and her parents a real focus.

On Friday 5th July the doctors were awaiting the final approval and flight details and were hopeful that Ruchi would fly the next day. Sadly Ruchi died early on Friday evening; this was of course devastating for her parents, and the staff involved, but Ruchi herself had a peaceful death. On 4pm that day doctors Nik and Jess went to see Ruchi and Nik commented afterwards that she was "still smiling" which sums up the beautiful and courageous young woman that she was.

At Myton the patient's wishes and those of their family is at the heart of everything that we do. We hope that Ruchi and her family gained some comfort from knowing that we did everything we could to facilitate her final wish, even if this wasn't to be.

After her death Ruchi was repatriated to India on the same flight home as her parents. Before they left her friends and family gave the team a card to express their thanks:

"We as parents and Ruchi's friends thank all of you from the bottom of our heart for all the love, care and affection that Ruchi and we received at Coventry Myton Hospice from everyone. That's how we think humanity survives by helping each other. Being human... Being kind."

Online fundraising

Setting up a JustGiving fundraising page is one of the most effective and easy ways of encouraging families, friends and colleagues to sponsor you. By setting up a JustGiving page, you can share your fundraising page via email and on Facebook, Instagram and Twitter as often as you want to.

Having an online fundraising page also means you do not have to physically collect money after the event, plus Gift Aid is automatically calculated and processed.

If you haven't already why not set up your online fundraising page through JustGiving with just a few simple clicks. Want to find out how to set up a JustGiving page? Please read the flyer included in this pack.

Facebook Fundraising

Please let us know, by emailing the Events Team, if you set up a Fundraiser on Facebook; we receive limited information from Facebook which makes it extremely hard for us to link the donation to your fundraising otherwise.

Match funding

These are two words charities love to hear! Many employers offer match funding which means they will match what you have raised (to a certain amount), potentially doubling what you raise for Myton! Why not speak to your employer to find out if this is something they will do?

Gift Aid

UK tax payers can raise an additional 25% through Gift Aid at no extra cost to themselves. To ensure we can claim Gift Aid we need the full name, home address and post code of your sponsors – and of course don't forget to tick the Gift Aid box!

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Details for the day

You'll be stepping off the edge on Saturday **17th September at Coventry Cathedral**.

You have already selected your time slot, please arrive at least half an hour before your allocated time so we can get you checked in, kitted out and briefed before you set off!

Travel and parking

Buses run regularly around and to the city centre. Find out more here: www.coventry.gov.uk/info/118/public_transport/556/buses/1

And you can find out about what parking is available here: www.coventry.gov.uk/carparklocations

Safety and first aid

All staff on the day from the cathedral are first aid trained along with the Events Team first aiders. Should there be an emergency please find the nearest member of staff but do not hesitate to call 999.

Finally...

Good luck with your fundraising! If you need anything, please contact the Events team at challengeevents@mytonhospice.org

We can't wait to see you!

The Myton Events team

Should you need to contact the events team on the day of the event, please call 07599 752835.

