



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 £35,500 from this event so we can continue to provide our services free of charge, now and in the future.

To reach our target of £35,500 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.



At the age of 70, Jill Lee discovered her inner adrenaline junkie when she signed up to Myton's abseil!

Jill has been supporting Myton for 20 years, after her dad was cared for at Warwick Myton Hospice in 1999. But when her younger sister, Sally, was diagnosed with terminal cancer and told her family that when the time came she wanted to die at Myton, Jill decided it was time to take on a big challenge in aid of Myton.

She said: "Sally had been diagnosed by then and I knew what her wishes were – she wanted to die in Myton – so that's why I did the abseil and I really enjoyed it! I would have gone up again straight away because it was so good.

"The thing is, none of us know when we might need the services Myton provides. My dad, my niece, and my brother-in-law were also all so well looked after at Myton. It's a place where people come to live their lives – when Sally was admitted in



May she improved enough to come home. She was then admitted again in July."

Jill also signed up to our first ever Zip Wire event but as the day drew nearer, Sally's condition deteriorated further but she told her sister to make sure she completed the challenge.

"I felt good doing the events – it did me good as well as raising money. I did the Zip Wire on the Saturday, and Sally died on the following Friday."

The money you donate will help to ensure we are there for more people like Jill and Sally when they need us most.

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!

Details for the day

You'll be stepping off the edge on **Saturday 28th September 2024 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 events@mytonhospice.org

Should you need to contact the events team on the day of the event, please call 01926 838838.

