



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

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. This event is sure to give you an adrenaline rush and has quickly become one of our most popular challenges.

Did you know...? We provide our services free of charge to people, and their families, living with life-limiting illnesses. With your help, we are hoping to raise £60,000 in sponsorship from this event so we can help more people across Coventry and Warwickshire when they need us most, now and in the future.

To reach our target of £60,000, we rely entirely on you raising sponsorship. We are asking you to raise a minimum of £200 in sponsorship to help us hit this target. Remember, once you hit your £200 target, you don't have to stop there. If you raise more, it means we can help even more people!



The difference your support makes...

The money you raise means we can make the most difficult times that little bit more manageable, and care for more people like Margaret and her family...

Margaret Lowndes was admitted to our Warwick Myton Hospice in April 2024, after she was diagnosed with cancer. Her daughter, Alison, commented:

"Mum had spent the previous two Christmases in hospital, firstly recovering from surgery following the discovery of a shadow on her lung, and then again after she was diagnosed with cancer. At this time, they couldn't get her medication right so she was very unwell and uncomfortable. As her tumour was underneath her right armpit, it bled often and needed constant attention. After a catastrophic bleed, I knew we needed further intervention."

After some discussions with Margaret's GP and the district nursing team, Margaret got a bed at our Warwick Myton Hospice Inpatient Unit. Alison commented:

"Having a bed available at Myton was such a big relief. I'm not medically trained but was becoming her carer and ultimately, I knew we wouldn't have long left with mum so I wanted to become her daughter again, and Myton gave me that."

Margaret died on 7th May 2024 after three weeks at Myton. Alison continued:



"The nursing staff are all angels. Everything felt natural and organic, and nothing was too much trouble. The family all came to see her, even our dog, Teddi, who was her little companion. We had free run of everything which made us as comfortable as mum was. We were given the keys to the relative's accommodation, which we didn't think we needed at first, but after entering the flat and having a few moments away to take a shower, we realised just how much the nursing and medical team had our best interests as well as Mum's at heart, it meant more than we realised."

"Every family deserves the chance for their loved ones to be supported in a peaceful and calm environment like Myton, dying with dignity and control. During a very emotional time, they took over, wrapped their arms around us and supported us till the very end. You can have all the money in the world but Myton's support is priceless and should be available to anyone who needs it, and we will continue to support them so other families can have what mum had."

With your sponsorship and fundraising, we can help more people like Margaret and Alison when they need us most, now and in the future.

Fundraising

We are asking you to raise a minimum of £200 in sponsorship. As a thank you for your incredible dedication to fundraising, you will receive an exclusive Abseil medal. At least 80% of the minimum sponsorship required (£160) must be received 4 weeks before the event takes place (by 27th August 2025), and the remaining 20% (£40) within 4 weeks of completing the challenge.

Take a look at the difference the money you raise will make...



will fund 2 hours of specialist nursing care in our hospice



will fund a patient's meals for a week



will fund 10 children's bereavement counselling sessions



will fund our Myton at Home service for one day

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.

Will you make it onto our Wall of Fame? Keep an eye out to see if you are one of our top fundraisers!

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.

Gift Aid

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UK taxpayers 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 postcode of your sponsors – and of course, don't forget to tick the Gift Aid box!

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?

Details for the day

You'll be stepping off the edge on Saturday 27th September 2025 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.

Good luck with your fundraising!

If you need anything, please contact the Events Team
Becky.lbbertson@mytonhospice.org

Thanks again from everyone at The Myton Hospices, you are amazing and we really appreciate your support – our vital work simply wouldn't be possible without people like you.

We can't wait to see you on the day!

Becky and the Events Team

Should you need to contact the events team
on the day of the event,
please call 01926 838 838.

