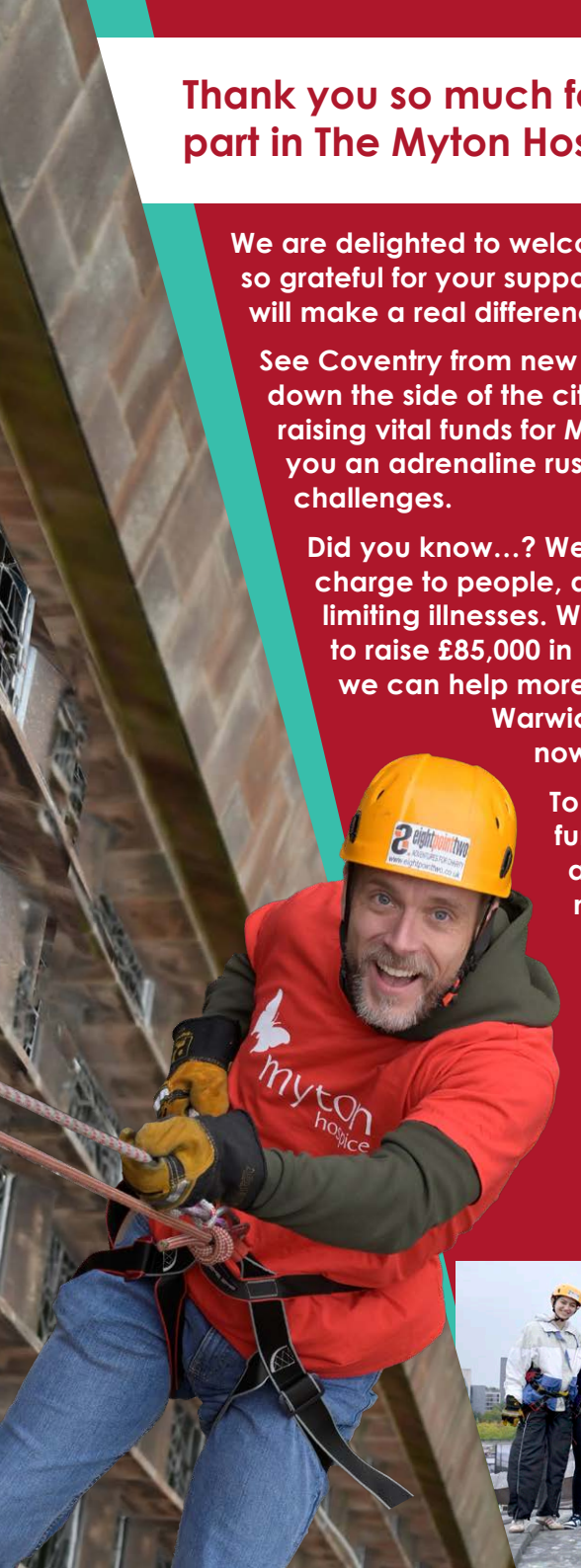
Thank you so much for signing up to take part in The Myton Hospice's abseil!

We are delighted to welcome you to #TeamMyton and are so grateful for your support! Your courage and commitment will make a real difference to the people we care for.

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 is 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 £85,000 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 help us reach our £85,000 fundraising target, we kindly ask each participant to raise a minimum of £200 in sponsorship to take part in this year's Coventry Cathedral Abseil. But you don't have to stop there – the more you're able to raise, the more care, comfort and support we can provide to people in our local community when they need us most.

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 Jane and her family…

Jane was 75 when she was diagnosed with breast cancer in 2021. Shortly afterwards, she developed deep vein thrombosis (DVT). Delays in treating the DVT and completing the biopsies meant when Jane eventually had a PET scan, it revealed the cancer had already spread to her lungs and lymph nodes. Surgery was sadly no longer possible.

After difficult experiences with some of the oncologists she saw, Jane and her family decided against the treatment on offer, including a trial of extreme radiotherapy, and instead focused on keeping Jane as comfortable and happy as possible.

In 2025, Jane noticed blood in her bra and was diagnosed with a fungating tumour – a tumour that breaks through the skin. Further scans revealed the cancer had spread throughout her body.

Jane began accessing Myton's Patient & Carer Wellbeing service and attended sessions at Coventry Myton Hospice, where she tried therapies such as Reiki, Indian

Head Massage and Acupressure. Jane said:

"Going to the hospice every week was great. The hospice is so welcoming and the sun shines so beautifully in the building. I've never tried therapies like this before, but they work wonders. Myton has opened my eyes to new experiences. I even took my grandson once. He sat in the memory garden whilst I had my therapy and absolutely loved the serenity."

In July 2025, Jane was admitted to Warwick Myton Hospice for wound care and pain management. Jane added:

"From the beginning of my journey with cancer, I've been terrified, never knowing what was going to happen from one minute to the next. But since coming to Myton and getting to know the doctors and nurses here, I've been able to trust people and understand what's happening. The doctors are marvellous – they spend so much time explaining everything thoroughly so that I feel reassured."

Julian, Jane's son, shared:

"When Mum was first admitted to Myton and at her most vulnerable, everyone was so friendly. The nurses introduced themselves, chatted about their lives, and really got to know us. When we were at our worst as a family, they were so approachable. Just seeing a friendly face made such a difference."

Emma, Jane's daughter, said:

"It's the little things here at Myton that make the biggest difference. We had a fish and chips takeaway one night, and I accidentally got curry sauce instead of mushy peas – the worst disappointment! But one of the nurses went into the kitchen after hours to get me mushy peas. The same nurse even brought in her homegrown tomatoes for Mum after she mentioned wanting a tomato sandwich. Everyone goes the extra mile and it's such a kind gesture."

Reflecting on her time at Myton, Jane said:

"For the care, support and service we've all received, I'd pay a fortune for this – it's worth its weight in gold. I could've spent thousands of pounds on private care and it still wouldn't have been as good as Myton. I've been treated with kindness, respect and dignity from the moment I arrived. I feel so privileged to have experienced this. It's like I won the golden ticket.

"Of course it's under horrible circumstances, but I wouldn't have missed this for the world. The cancer will inevitably take me, but the memories we've made at Myton will stay with my family forever."

Jane died peacefully at Warwick Myton Hospice, surrounded by her loved ones.

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

£34 could fund the daily upkeep of our relatives' accommodation

£60 could fund 2 hours of specialist nursing care in our hospice

£126 could fund a patient's meals for a week

£300 could fund 4 children's bereavement counselling sessions

£360 could fund our Myton at Home service for one day

£450 could fund an inpatient bed for one day

RUGBY MYTON £1,486 SUPPORT HUB could fund the running cost of our Rugby Myton Support Hub for one week

Fundraising

As a charity, we rely on the generosity of our supporters, and we kindly ask each participant to raise a minimum of £200 in sponsorship to take part in this year's Coventry Cathedral Abseil.

But you don't have to stop there – the more you're able to raise, the more care, comfort and support we can provide to people in our local community when they need us most.

We ask that at least £160 of the £200 fundraising target (80%) is received by 11th June 2026, with the remaining amount raised by the date of your Abseil.

Online fundraising

You can rarely scroll through social media these days without seeing a fundraising page, and that is because it is one of the most effective and easy ways of encouraging your family, friends and colleagues to sponsor you. By setting up a JustGiving page you can easily share your fundraising efforts and progress on Facebook 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 – it comes straight to us – and Gift Aid is automatically calculated and processed.

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!

Ask your employer if they have a match-funding programme. Usually, your HR department is the best place to start.

- If they do, they'll take care of the paperwork.
- If they don't, we're happy to help them set one up - no extra work for you.
- Why not speak to your employer to find out if this is something they will do? We can support you with letter templates and information.

To find out more or download our Match Funding letter templates click here

Gift Aid

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!

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Details for the day

You'll be abseiling down Coventry Cathedral on Saturday 11th July 2026.

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!

Good luck with your fundraising! If you need anything, please contact the Events Team at events@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!

The Events Team

Should you need to contact the events team on the day of the event, please call **07772 951 245**