

Abseil Information

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www.cohoc.org.uk

Thank you for requesting information on the Colchester Hospitals Charity Super Stars Abseil, your chance to abseil down the side of the iconic Colchester Town Hall dressed as your favourite comic or screen hero and raise funds for the Cancer Centre Campaign.

All you need to do is register to take part which you can do online at www.cohoc.org.uk or by completing the attached entry form and returning it to Colchester Hospitals Charity Fundraising Office or the General Office, at Colchester General Hospital.

Where Colchester Town Hall, High Street, Colchester

When Saturday 1st September 2018

How much £35 registration fee, £150 minimum fundraising target

Age Minimum age 14; participants under 18 must be accompanied by a parent or legal guardian. There is no upper age limit

Health We recommend that if anyone has concerns about their health or ability to complete an abseil consult their doctor first.

Fitness You don't need to be super fit to abseil, but you do need to have a reasonable level of mobility. This is due to the access route up to the abseil site. Please contact us if you have any special access requirements or questions about any restrictions and we will see if we can accommodate these. You will be asked to sign a medical disclaimer.



Costume We encourage everyone to dress as their favourite Comic or screen character, but please bear in mind that flowing garments may need to be tucked in and you will be required to wear a helmet.



Register Via the website at www.cohoc.org.uk places are limited, so book early to avoid disappointment plus more time to get sponsored.

Sponsorship Raise your sponsorship online by setting up a JustGiving page at <https://www.justgiving.com/campaigns/charity/cohoc/cancercentrecampaign>

We look forward to seeing you on Saturday 1st September 2018.

With kind regards



Julie Arthur
Fundraising Officer

Making your hospitals even better