

## Kick start your week with a charity abseil

while helping people in the UK who are living in poverty.

**On Monday 20<sup>th</sup> September 2010**

**Elizabeth Finn Care** in conjunction with **The Roof Gardens** at

99 Kensington High Street, London W8 5SA

are inviting you to take part in their 100 foot charity abseil down onto  
Kensington High Street.



Elizabeth Finn Care is a charity that supports people experiencing financial difficulties in the UK. It gives direct financial support to people from over 120 occupational backgrounds, and helps thousands more to access the money available to them in benefits, grants and other assistance through our unique Turn2us website and freephone Helpline.

**If you do not wish to take part in the abseil but would like to make a donation to Elizabeth Finn Care then visit [http://www.elizabethfinncare.org.uk/Support Us](http://www.elizabethfinncare.org.uk/Support_Us)**

**To take part you can register by completing and returning the attached registration form along with your registration fee by FREEPOST to:**

FREEPOST RSHL-LBCC-KCSX : Attn: Veronica Martin, Elizabeth Finn Care, Hythe House, 200 Shepherd's Bush Road, London, W6 7NL. Mobile: 07807 967 461. Office: 020 8834 9200/9257. Email [Veronica.martin@elizabethfinn.org.uk](mailto:Veronica.martin@elizabethfinn.org.uk)

**If you have queries regarding the event please contact Lynn Chambers on 07958 773272 or email [abseil@elizabethfinn.org.uk](mailto:abseil@elizabethfinn.org.uk). You can also find out more information on <http://www.elizabethfinncare.org.uk/Abseil>.**

**Charity Abseil : Monday 20 September 2010**  
**Registration Form**

**(£25 fee + £100 minimum sponsorship)**

In order to take part please fill in your details below in **BLOCK CAPITALS** :

Title	Mr/Mrs/Miss/Ms ( <i>please circle</i> )      Other :
First name	
Surname	
Gender	Male      Female      ( <i>please circle</i> )
Date of Birth	(all abseil participants must be 14 years of age or older on the 20 <sup>th</sup> September 2010). A legal guardian must be present for those aged between 14 and 18 years of age and bring identification and proof of their relationship with the participant).
Address	
Postcode	
Telephone numbers :	Home
	Work
	Mobile
Email (please print clearly)	
Address of your Just Giving Page:	

Please **circle** below your preferred time to **start your abseil**. While every endeavour will be made to ensure your abseil takes place at the designated time, a slight unavoidable delay could occur.

09.00	09.30	10.00	10.30	11.00	11.30
12.00	12.30	13.00	13.30	14.00	14.30
15.00	15.30	16.00	17.00	FINISHED	

Please ensure you **arrive 45 minutes prior to your abseil time**. e.g. if you have selected to start your abseil at 13.30, the please ensure you arrive no later than 12.45.

## Photographs

Why not have a professional photo taken on the day? We will email the high resolution versions to you for just £5. Proceeds from photos will be donated to Elizabeth Finn Care.

All photographs taken on the day will be used for general promotion purposes by Elizabeth Finn Care. If you do not wish the photographs of yourself to be used, then please tick this box

I enclose payment for abseil only at £25  (Please make cheques payable to Elizabeth Finn Care)

I also enclose payment for photos of my abseil at £5

## Disclaimer

Thank you for supporting Elizabeth Finn Care by taking part in this abseil. Although every precaution has been taken to minimise the risk, abseiling is still strenuous and potentially dangerous activity. By signing this form you are confirming that:

- You are aware that this event is strenuous and has a level of danger.
- You are not aware of any medical or other reason that you should not participate.  
(Please contact us if you have any queries regarding the above, we are here to help).
- You will listen carefully and comply with all instruction given to you by our staff on the day.

All sponsorship monies must arrive at Elizabeth Finn Care no later than Friday 1<sup>st</sup> October 2010. A copy of your sponsor form will be required on the day of the abseil. Please have a look at [www.justgiving.com/elizabethfinn](http://www.justgiving.com/elizabethfinn) and think about setting up a page to help with your fundraising.

### **Please make cheques payable to Elizabeth Finn Care or contact us if you wish to pay by debit or credit card**

I wish to register to take part in the Elizabeth Finn Care Charity Abseil taking place on Monday 20 September 2010 at The Roof Gardens, 99 Kensington High Street, London W8 5SA. In order to reserve my place, I enclose a **cheque made payable to 'Elizabeth Finn Care'** for the amount as calculated below. By signing this I agree to raise a minimum of £100 (one hundred pounds) for Elizabeth Finn Care (in addition to the £25 non refundable registration fee) and I agree to forwarding all monies to Elizabeth Finn Care, Hythe House, 200 Shepherds Bush Road, London W6 7NL by no later than Friday 1<sup>st</sup> October 2010.

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Countersigned \_\_\_\_\_ (If the named participant is under the age of 18 a parent or legal guardian will be required to stay with the participant at all times, by countersigning this form you agree to everything stated above on behalf of the participant.)

Elizabeth Finn Care would like to keep you informed of future events and similar activities, please tick this box to allow us to do so (*we will not pass your details on to any third parties under any circumstances*).

Many thanks for registering. We will contact you within 1 week of receiving your registration to confirm your place and time. We will contact you if you need to know of any changes to the event.

The abseil is being handled by Pinnacle Challenge Limited ([www.pinnaclechallenge.co.uk](http://www.pinnaclechallenge.co.uk)) who will provide all safety equipment, inc. harness, helmet, gloves etc. Please wear comfortable clothing that lets you move freely, and we would suggest a pair of trainers, not high-heeled shoes.

Please feel free to do the event in fancy dress, especially if it helps you get more sponsorship, however, please let us know if you feel your costume may affect the abseil.

Abseil times are reserved on a first come, first served basis, so to avoid disappointment return your registration form ASAP. Please note the time reserved is an estimated time of the actual abseil.

On the day of the event, please allow 2 hours from registration until you are ready to leave. It is unlikely to take this long but, due to the nature of the event, we like to ensure we all allow enough time. If you need to rush off for any reason, please let us know and we will do our best to help.

<i>Office use only</i>	<i>Number</i> _____	<i>Notes:</i>
<i>Paid</i> <input type="checkbox"/>	<i>How/Ch No</i> _____	

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You can also find out more information on <http://www.elizabethfinncare.org.uk/Abseil>

**PLEASE COMPLETE AND RETURN THIS FORM ALONG WITH YOUR £25 REGISTRATION FEE (Please make cheques payable to Elizabeth Finn Care) AND POST FREE OF CHARGE TO:**

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