

PARKINSON'S<sup>uk</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.



# GUILDFORD CATHEDRAL ABSEIL

9.30am–3.30pm, Saturday 12 May 2018

Take up the challenge and descend 160 thrilling feet to help us find a cure for Parkinson's.

020 7963 3912

[fundraising@parkinsons.org.uk](mailto:fundraising@parkinsons.org.uk)

[parkinsons.org.uk/abseilguildford](http://parkinsons.org.uk/abseilguildford)

# JOIN US

Join us for an exciting and unique challenge – abseil 160ft down the iconic Guildford Cathedral. Once you've climbed the 249 steps to get to the top of the cathedral tower, you'll experience beautiful, panoramic views of Guildford. The experience is sure to test your nerve and deliver one of the biggest adrenaline rushes of your life!

If this is the challenge for you, we'd love to hear from you. You can abseil any time between 9.30am and 3.30pm and need to be at least eight years old.

Registration for the event is **£25** and we ask that you raise a minimum sponsorship amount of **£150**. We'll send you everything you need for your fundraising, so you can make

the most of your amazing feat. We'll also be there to cheer you on as you abseil down. Everything you raise from the event will help fund our research into a better treatment and a cure for everyone affected by Parkinson's.

Once you've completed your abseil, why not celebrate with some tea in the Cathedral Refectory?

**We look forward to seeing you on the day.**



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**We're the Parkinson's charity that drives better care, treatments and quality of life. Together we can bring forward the day when no one fears Parkinson's.**

## Parkinson's UK

Confidential helpline **0808 800 0303**

**hello@parkinsons.org.uk**

**parkinsons.org.uk**

Calls are free from UK landlines and most mobile networks.

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554). © Parkinson's UK, 11/17 (CS2902)

# Guildford Cathedral Abseil booking form

We need one form per person taking part.

Please call **020 7963 3912** for extra copies.

## 1 Your details (Please print clearly)

Title	<input type="text"/>	First name	<input type="text"/>
Surname	<input type="text"/>	DOB	<input type="text"/>
Address	<input type="text"/>		
	<input type="text"/>	Postcode	<input type="text"/>
Mobile	<input type="text"/>	Email	<input type="text"/>

## 2 Terms and conditions

1. Participants must be eight years of age or older and under 80 years old. Participants under the age of 18 must be accompanied by an adult. Evidence of age may be requested.

2. Parkinson's UK has a contract to deliver this event with the organiser.

3. I understand there are 249 steps to the upper tower and 'rest' intervals at the first spiral stairwell, the ringing chamber, the bell chamber, the upper gallery and the tower roof. I accept that I walk up the steps to the top of the tower entirely at my own risk.

4. I understand that I will not touch or approach the cathedral bells, bell ropes, or any equipment relating to the ringing chamber or the bell chamber, or touch or approach any telecommunications antennae or equipment on top of the tower.

5. To the extent permitted by the Unfair Contract Terms Act, neither Parkinson's UK or their sponsors and suppliers will be liable for any loss, damage, illness or injury resulting from negligence in consequence of my participation in the abseil.

6. I will complete and return a medical questionnaire. No person who is infirm, disabled, pregnant, or who has heart disorders or any other medical or physical condition that could be affected by the climb up to the tower, will be allowed to enter the central tower area. Both organisations reserve the right to refuse participation on health and safety and/or medical grounds, in advance and on the day. You need to be physically fit to take part. Do not take part if you feel unwell. We strongly recommend you seek advice from your GP before embarking on a new exercise programme.

7. In the event that the abseil has to be cancelled by the organisers due to circumstances outside their control, entry fees will be refunded. Liability for the cancellation or rescheduling of an event will be limited to the refund as set out in the terms and conditions.

8. It is the participant's responsibility to inform Parkinson's UK of any special access requirements they have on registration.

9. In the event of a medical emergency, I agree to my personal and medical details being released by the medical team to the event organisers to inform my next of kin and statutory authorities.

10. Participants who do not act responsibly or adhere to the instruction of Parkinson's UK, on the day or in advance, will be

fully responsible for any fees or costs incurred or arising from an accident caused by the participant's negligent behaviour.

11. I consent to photographs, video, quotes and any other record of my participation in the event being used for marketing and publicity purposes, both online and in print. If I do not want my photos or quotes to be used for any purpose, I will email [fundraising@parkinsons.org.uk](mailto:fundraising@parkinsons.org.uk) or call **020 7963 3912**.

12. I agree to receive emails, mailings and marketing from Parkinson's UK in relation to my participation in the event.

13. I understand that Parkinson's UK will retain and use the data I have provided, within the terms of the Data Protection Act, to inform me of its fundraising and other activities. My details will not be passed to third parties. I will inform Parkinson's UK if I do not wish my data to be used in this way by calling **020 7932 1303**.

### I understand that:

a) I will advise the Cathedral Guides overseeing the ascent of the tower if I feel out of breath, dizzy or vertiginous, or experience rapid heartbeat, another illness or physical limitation that may put me, or those in my charge or others in the group, in jeopardy.

b) No smoking whatsoever is allowed within any part of the cathedral building including the tower.

c) Parkinson's UK will not be responsible for any loss, theft or damage of your personal belongings, other than caused as a result of negligence or breach of statutory duty. Large items of baggage, backpacks or other items are to be left at ground level, and visitors must have 'both hands free' to ascend the tower.

d) The maximum number of people visiting the tower at any one time is limited to 15, excluding stewards.

e) The chapter has given authorisation to its officers to refuse at their discretion the access of any person or persons to the central tower area, and that no reason has to be given for such decisions.

Signature

Date

(parent or guardian to sign if participant is under 18)

### 3 Your entry

Registration fee **£25**

Please tick which size T-shirt you need:

Age 7-8 ☐ Age 9-11 ☐ Age 12-13 ☐

Small ☐ Medium ☐ Large ☐ Extra large ☐

I would also like to make a donation

The total amount is

£

£

### 4 Your payment

Please make cheques payable to **Parkinson's UK**, or enter your debit or credit card details below:

Mastercard ☐ Visa ☐ Maestro ☐ Delta ☐

Card no

Start date     Expiry date     Issue no (Maestro only)     Security code\*

(\*the last three digits on the signature strip are required to complete your transaction)

Cardholder's name

Cardholder's signature

### 5 We would really appreciate your help with these questions so we can make the most of the abseil. Thank you.

Where did you hear about the event? .....

Is there any particular reason you're taking part? .....

Are you happy to help us with publicity for the event, for example being mentioned in your local paper? ☐ Yes ☐ No

**Please return your cheque/credit card details and completed form to:**  
Parkinson's UK, Regional Fundraising Team, 215 Vauxhall Bridge Road,  
London SW1V 1EJ

