



*Guinness World Record holder Doris Long outside Millgate House*

## Join a Record Breaker

Daredevil Doris made world news again in 2011 when she broke her own Guinness World Record for the oldest person to abseil by taking part in an abseil organised by The Rowans Hospice helping to raise £1,000's for her local hospice. This May, at the phenomenal age of 98 Doris hopes to break her own world record and help raise important funds for The Rowans Hospice.

The Rowans Hospice is looking for participants both young and old brave enough to abseil a spectacular 200 feet – 20 storeys down Millgate House alongside Portsmouth's Historic Dockyard. The event is ideal for group participation: friends, family and work colleagues can abseil in groups: sharing the training and the descent. There's a great viewing area for friends and family who can enter the thrilling atmosphere by cheering you on and we will capture the start of your descent on camera from the rooftop.



## Why The Rowans Hospice needs your support

My name is Helen, although Dad always referred to me affectionately as 'Nel'. My relationship with Dad was one which was irreplaceably special, one of unconditional love, support, trust and encouragement.



*Helen with her Dad, Richard*

He was one of life's true gentlemen.

When Dad was diagnosed with cancer I felt as though I was living my worst nightmare but the pain was eased by the support of The Rowans Hospice. Throughout his 18 month battle, nothing was too much trouble. Staff provided the highest quality care for Dad, ensuring he maintained his privacy and dignity, and support for his family. They allowed me to 'switch off' from being a nurse and become his daughter again. Since his death, the Hospice has continued to support me and my family through counselling.

The work of The Rowans Hospice has been invaluable to my family. By taking part in this challenge you will be ensuring that the very special services continue to support others like me.

For more information about our Hospice please visit

**[www.rowanshospice.co.uk](http://www.rowanshospice.co.uk)**

To contact the fundraising team please email:

**[fundraising@rowanshospice.co.uk](mailto:fundraising@rowanshospice.co.uk)**

or call **023 9223 7146**

## How to take part

Complete all parts of the registration form and send it to us together with your £12.50 registration fee. Your registration fee includes all training, equipment and of course your 200ft (61 metre) descent.

This challenge is open to all ages and abilities. If you are under 18 please ask a parent or guardian to sign the declaration on your behalf. Please let us know if you have any medical conditions or disabilities so that we can prepare for any additional assistance you may require.

*Abi & Sophie: Two of our youngest abseilers*



## Abseil Challenge Registration Form

Please complete this form in black ink using **BLOCK CAPITALS (ONE REGISTRATION FORM PER PERSON)**  
**Participant's details**

Title: Mr, Mrs, Miss, other \_\_\_\_\_  
Surname: \_\_\_\_\_  
First Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_ Post Code: \_\_\_\_\_  
Email: \_\_\_\_\_  
Daytime telephone no: \_\_\_\_\_

### Additional information for under 18's:

Name of parent/guardian \_\_\_\_\_  
Contact phone no. \_\_\_\_\_  
Date of birth \_\_\_\_\_  
Please sign the declaration below

### Payment Details:

Please send £12.50 registration fee together with the registration form to:  
**Abseil Challenge, Fundraising Department, The Rowans Hospice, Purbrook Heath Road, Purbrook, Waterlooville, Hampshire PO7 5RU**

By Cheque – payable to 'The Rowans Hospice'  
By Switch/Delta/Visa/Mastercard

Card No:

Security No:    (last 3 digits on reverse of card)

Expiry Date:

Cardholder's Name: \_\_\_\_\_

Cardholder's House no. \_\_\_\_\_ Post Code: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

Total Amount £ \_\_\_\_\_

**Declaration** – I confirm that I/my child wish to take part in the Abseil Challenge to help raise money for The Rowans Hospice. I accept that any photos taken of me during the event might be used in future promotional materials. I understand that The Rowans Hospice and its employees and volunteers cannot be held responsible for any personal injury accident, loss, damage or public liability.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**CLOSING DATE – Friday 11th May**



*Rising to the*  
**challenge**  
*with The Rowans Hospice*

## Services to patients, carers and families

- **19 In-patient Rooms**
- **Day Care Service**
- **Specialist Therapeutic Clinic**
- **Hospice at Home**
- **Rowan's Meerkat Service** (supporting children & young people who are facing or experiencing bereavement)

At The Rowans Hospice, we are committed to delivering all our services to the highest possible standards and in order to do this, we need to raise almost £4 million annually. As you can imagine, this is not an easy task which is why we value your support so highly.

For more information about all our challenges and other fundraising opportunities please visit  
**[www.rowanshospice.co.uk](http://www.rowanshospice.co.uk)**  
and go to 'how to help'



**[www.rowanshospice.co.uk](http://www.rowanshospice.co.uk)**

T: 023 9225 0001 F: 023 9226 8567

Purbrook Heath Road, Purbrook, Waterlooville, Hampshire PO7 5RU

Registered Charity Number 299731

**Abseil** 200ft Portsmouth



*Rising to the*  
**challenge**  
*with The Rowans Hospice*

**Saturday 19<sup>th</sup> May 2012**  
open to all ages and abilities



**Live life to the full . . .**  
*make every day count*