

Abseil Information



www.justgiving.com/gofalcymru/fundraise/

The National Diving & Activity Centre is promoting an Abseil Charity Challenge for Gofal Cymru on Sunday 30th August 2009 from 9:30am at the National Diving & Activity Centre, Chepstow. The Abseil will run from the top of the quarry, down 200ft onto a floating pontoon below - an exciting abseil in a spectacular location!

This event is being promoted by The National Diving & Activity Centre for the purpose of raising funds for Gofal Cymru a charity promoting mental wellbeing and supporting mental health in Wales.

Mental health crisis can occur at any time, and can affect anyone. If you experience mental ill-health you are more likely to be unemployed, homeless, and socially isolated.

Gofal Cymru is a leading Welsh Mental Health charity and exists to support people in mental distress and promote mental wellbeing. Our support changes lives. Your support will help us change more lives.

With your help we will be able to:

- Support over 400 people in mental distress everyday
- Help more people at risk of homelessness due to their mental ill-health
- Give vital one-to-one help to someone in crisis
- Help more people build their confidence to find or keep their job
- Campaign for the rights of people who experience mental ill-health

People will always experience mental-illness, with the right support people can and do remain independent and recover. For further information about Gofal Cymru visit our website www.gofalcymru.org.uk

Entry and Sponsorship forms for the abseil can be downloaded from the National Diving & Activity Centre website at www.ndac.co.uk.



Abseil Information

Prior to the event...

1. Entry forms to take part can be downloaded from our website at www.ndac.co.uk or by calling 01656 761187. Please indicate a preferred time for your abseil. The event will begin at 10:00 (please arrive by 09:30) and finish at 14:00. Abseil times will be staggered at 10 people per 30 minute interval.
2. Please forward together with your entry form a deposit of £20.00 (this can be taken out of the sponsorship money that you raise) by way of a cheque made payable to 'Gofal Cymru' quoting your name and postcode on the back of the cheque. Send to: Corrine Williams, Gofal Cymru, 26 Dunraven Place, Bridgend CF31 1JD. Tel 01656 761187.
3. Upon receipt, we will provide you with confirmation of your abseil time, a sponsor form and an information pack.
4. In order to take part, you must try and raise additional sponsorship (ideally a minimum of £150 including your deposit). This additional sum (at least £20) must be forwarded to the Fundraising team by 17th Aug 2008 to secure your place.
5. Online Fundraising. We would prefer all fundraising to go through www.justgiving.com/gofalcymru/fundraise/ The first £20 will be considered your deposit. If you are fundraising online at least £100 must have been donated by 30th Aug. All sponsorship collected to date and a post dated cheque for any outstanding sponsorship to be bought on the day (up to one month).
6. To take part in the abseil, you must be at least 16 years of age. (Under 18's will need to produce a signed 'Under 18' Parental Consent Form – please request this at time of booking) NB The parent or legally appointed guardian will need to be present at the top of the abseil.
7. Insurance - the event organiser, The National Diving & Activity Centre, has arranged all insurances. Should you wish to discuss this, please contact them directly on 01291 630850.
8. If you are suffering from a medical condition, disability or have any reason to doubt your fitness to participate, we advise you to consult your doctor beforehand and discuss with our event organiser. In addition, we request that anyone suffering from a medical condition or disability, produces a doctors note confirming that they are fit enough to take part in the abseil. All participants will be asked to sign a disclaimer.



On the day...

1. For directions and details of the event location please visit www.ndac.co.uk. Car parking is available at the National Diving and Activity Centre which will be clearly identified.
2. Please proceed to the 'Check-In Desk' where you will be asked to complete a disclaimer.
3. Please bring your sponsor form along together with all monies raised to date.
4. Wear comfortable, warm clothing. Baggy or loose clothing should not be worn and long hair should be tied back.
5. The NDAC will endeavour to photograph all abseil participants and these will be displayed on our website after the event. Should you wish to purchase a photo, details of how to do so will also be posted on the website after the event.
6. Following successful completion of your abseil, please return to the Check-In Desk where you will be issued with a certificate confirming that you have successfully completed the abseil.
7. Spectators are welcome but will not be allowed at the start of the abseil location.
8. Any sponsorship money over and above the £150 minimum, not available on the day of the event, should be sent to: Corrine Williams, Gofal Cymru, 26 Dunraven Place, Bridgend CF31 1JD. Tel 01656 761187.