



## Information Pack



### EVENT SCHEDULE

Time: From 10am - 4pm

**Please arrive at least 15 minutes before your abseil time slot.**

### Key Information

**Address:** The Forum, Bethel St, Millennium Plain, Norwich, NR2 1BH

**Parking:** Parking is available at The Forum carpark for a fee.

**Facilities:** Toilets are on site with food available at the café.

**T-shirts:** EACH t-shirts can be purchased on the day for a donation of £5.

### FAQ's

#### What do I wear?

Please wear comfortable clothing suitable for wearing a harness. For footwear: boots, flat soled shoes or trainers that provide both grip and stability should be worn. Long hair must be tied back and a helmet will be provided.

#### What support will I receive?

Howard Adventure will provide a safety briefing and guidance on the day before you abseil. You will be checked to ensure that your equipment is fitted correctly and guided during your decent.

#### Spectators

We would love you to invite your family and friends to cheer you on as you abseil!

#### Sponsorship Money

By securing a place on the Norwich Abseil, you have pledged to aim to raise a minimum of £100 for East Anglia's Children's Hospices (EACH). When you sign up an online giving page is created for you and other fundraising resources will be emailed. Your entry fee helps cover the costs of the event.

**Don't forget to join our Norwich Abseil Facebook event page!**

# Fundraising Tips

Here are some top tips to help you reach your  
**£100** fundraising target!



1.

Post **photos**  
to personalise  
your fundraising  
page.



2.

Include your **story**  
- why you're taking  
part!



4.

**Share** your  
page on social  
media, via email  
and more.



3.

Have a  
**target**  
and aim high!



5.

Fundraise **offline**  
by using the game  
or sponsor form  
provided.