



Descend 100m From Portsmouth's Iconic Tower

The Spinnaker Tower is a 170 metre high attraction overlooking Portsmouth Harbour and the Solent. It is taller than the London Eye, Blackpool Tower and Big Ben, with views stretching out for up to 23 miles.

Abseiling is extremely safe, a well developed method of descending using climbing ropes. On the main descent there will be a separate safety line controlled by an instructor. If required, the instructor can stop your descent and lower you to the ground.

You will be descending from a height of 100 metres – a challenge that promises to be a unique and unforgettable experience!



Spinnaker Tower
Gunwharf Quays
Portsmouth
Hants PO1 3TT



PARITY
For People With Multiple Disabilities

SPINNAKER TOWER ABSEIL

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SAFETY is of paramount importance at all times. You will be required to follow all directions from instructors. You will need to wear sturdy, flat-heeled shoes (trainers will be OK). Please wear long-sleeved tops and trousers, and ensure that long hair is tied back before abseiling.

The minimum age to abseil at this event is 18 and the maximum weight is 21.5 stone.

Participants must be in reasonable health, with no back or heart problems. Individuals who have had a stroke or are pregnant cannot participate. If you have a medical condition, disability or any reason to question your ability to participate in the event (e.g. cardiovascular or respiratory disorders or epilepsy), please give details in the entry form. If you are in any doubt about your fitness for this event please consult your doctor.

Views from the top of the tower stretch for up to 23 miles!



PARITY
For People With Multiple Disabilities

For more information,
contact Helene on **01252 375581**
or **helene@parityfordisability.org.uk**

Parity for Disability is a Registered Charity No. 1071571

ABOUT PARITY FOR DISABILITY

Parity for Disability exists because when people with multiple disabilities reach school-leaving age, services they received as children dramatically decline. At our day services, people aged 18+ from Hampshire, Berkshire and Surrey can learn, achieve and take an active part in their community, supported by trained, caring staff, and accessing regular physio and speech therapy. The charity also offers music therapy both on-site and to other local organisations, and Easter and summer Teenagers' Activity Schemes. Parity for Disability must raise £120,000 each year to keep going. To learn more visit www.parityfordisability.org.uk or call 01252 375581.

WHAT ARE THE FEES & WHERE DOES THE MONEY GO?

Individuals are asked to register directly with the Spinnaker Tower via www.spinnakertower.co.uk or by calling them on 02392 857520. The Spinnaker will require a payment of £90 up front. Parity will then provide you with a fundraising pack.

For teams of four or more, Parity can arrange a date and fundraising target with your team and then book the team abseil with the Spinnaker Tower. Please contact Helene on 01252 375581 or helene@parityfordisability.org.uk to arrange.

All sponsorship monies raised will go to maintaining the charity's vital services for people with multiple disabilities in Hampshire, Surrey and Berkshire.

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