

How can we help you?

St Barnabas Hospice Arundel Castle Abseil 2023

Where is the abseil?

It's held at the fabulous Arundel Castle, Arundel, BN18 9AB. We have been given exclusive use to hold our Abseil over the weekend for St Barnabas House and sharing this with our children's hospice Chestnut Tree House.

Where can I book?

Follow this link to our website:

www.stbh.org.uk/arundel-castle-abseil where you can click 'register now' to sign up. Alternatively, you can call the Events Team on 01903 254777 and we will be happy to guide you through it or book you in over the phone.

What date is the abseil?

Saturday 25 March and Sunday 26 March 2023

What time will I be doing the abseil?

You can tell us what time you would prefer and we will do our best to make sure you have this time; however, it is on a first come first serve basis so the sooner you book the more choice there will be.

How much is it to book my place?

We are offering three different ticket options:

- Self funded: pay place and sponsorship upfront for £285
- Sponsorship: Pay just £20 per person and then fundraise £305 sponsorship.
- Mixed fundraising: Pay £100 and then fundraise £225 sponsorship.

Why do I need to fundraise?

We estimate the cost of putting on this event to be £100 per person. Everything you raise over this amount goes directly towards providing hospice care. Your fundraising makes a real difference and enables us to provide vital care to people and families in the local community when they need it most. Hospice care simply wouldn't be possible without this type of support.

Can I book on the day?

Unfortunately, not, applications are closed on 16 March 2023 with all fundraising due in by 26 April 2023.

Participant restrictions

You'll need to wear a special harness to take part in the abseil. All abseil participants must:

- Be over 14 years of age
- Be less than 21.5 stone in weight
- Be able to wear a harness which has a maximum width waist of 140 cm and a maximum upper thigh width of 80 cm

- Be able to wear a helmet which has a maximum circumference of 60cm
- Not be suffering from any medical condition that may put your health & safety, or that of others, at risk.
- Not be under the influence of alcohol or drugs
- Not be pregnant
- Sign a declaration before taking part

Am I fit enough?

There are no health checks to complete, but if you are concerned about any aspect of the abseil please to talk to your doctor. Explain that the event involves climbing up to 200 steps and then a 180 foot abseil. Health issues should be declared to the charity when registering.

Will the weather affect the day?

Abseils will take place in all weather conditions other than high winds, lightning, heavy snow or ice or extreme weather conditions which we reasonably believe make it unsafe to participate in the abseil.

Can I wear fancy dress?

Fancy dress is permitted in certain circumstances; however, the outfit must not be loose or baggy as they may get caught in the abseil equipment and cause a safety issue. Specifically, no capes or anything that may fall off you may be worn whilst taking part in the abseil.

What shoes should I wear?

You should wear closed-toed footwear with flat rubber soles such as trainers, sport or hiking shoes. Avoid leather shoes without any tread or shoes with heels. Refusal to wear appropriate footwear will result in you not being allowed to abseil and no refund will be given.

Can I use my GoPro?

Unfortunately, no. This will pose a safety risk to you and any spectators that are below you should it be dropped. Photographers will be present to record descents.

I've changed my mind, can I get a refund?

No refunds are provided

Can I get there by train?

Yes, there is a train service that stops at Arundel Station which is a 10-minute walk from the Castle. Please check the local service before travelling

Where do I park on the day?

There are a number of public pay car parks signposted within the Town and within walking distance of the Castle entrance.

Can I look around the castle afterwards?

Please bear in mind that this is out of season the castle will be closed to the public so you will not be able to purchase a ticket and look around the castle. Only participants taking part will be able to access the tower for their abseil.

Can friends and family watch?

Yes, please bring up to 5 guests along with you to support.

Can I bring my dog with me?

No, Castle Management do not permit dogs, except for assistance dogs.

Can I take a picnic into the Castle Gardens?

No unfortunately picnics will not be permitted at this time. There are plenty of lovely places to eat and drink in Arundel.

Is there training?

You do not require any training to take part, you are talked through it all on the day. You do need to tell us if anything has changed with regards to your medical history as soon as you can.

What do I need on the day?

Bring some drinking water with you, sun cream for good weather and layers of clothing if it is cold.

What if I can't make it up all the steps in the tower to the top?

The stone steps are narrow and spiral to the top. There is NO other way to the top for the descent by rope. You can take your time going up the tower, but you need to be fit and well to reach the top.

How long will I be?

The time it takes depends on a number of factors; the weather, your ability to climb the tower, your nerves, your experience, other participants. Please allow approximately 2 hrs for the whole experience.

Are there toilets open on site?

No there will be no toilets open on site and you will have to use the public ones opposite the main entrance, located in the car park.

What if I get to the top and I change my mind?

It may be nerve wracking at the top but we are sure that you will be able to get over those last minute jitters and make your way down with the encouragement of all the supporters. If you change your mind on the day this will not be an issue, but you will not be able to reschedule and all of your fundraising will still be included in our fundraising total.

When will I receive my time slot?

You will receive your time slot after registration has closed on the 16 March. Please allow us time to arrange everyone in order and get your paperwork sent out to you.

Will I get help with fundraising?

We are here to help you throughout your fundraising journey. Our team are great at helping people fundraise and not only that you're going to have heaps of fun in the process.

we know fundraising is difficult at the moment, and one of our top tips is to break it down into small chunks so it doesn't seem overwhelming, ask everybody in your phone book for £1 and you'll be surprised how such a small amount can make a big difference to you overall target.

When will I need to get the money to the charity?

The fundraising deadline is 25 April

Can my friend come to the top of the tower with me?

Unfortunately, not as the steps up to the tower are very narrow and we would like to minimise the traffic on there to just participants and staff.