



Could you take the Titan challenge and change a life while confronting your fears?



You've taken the first step and asked us for an information pack. Now read on to find out if you could transform lives through charity ENABLE Scotland while enjoying a thrilling freefall abseil.

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leading the way in learning disability



The Challenge

You have what it takes

To abseil 150 feet from the Clydebank Titan Crane you don't need previous abseil experience, just the determination to do it. You will be talked through every step of the experience by our team from Glasgow Climbing Centre, who have been delivering safe and exciting events for over 20 years.

It's not complicated

The abseil itself takes around half an hour including your safety talk, although we ensure that everyone takes their time. Some people will complete their abseil in a couple of minutes, others will take longer! There is a lift to get up onto the Titan Crane for both abseilers and spectators.

You can do it!

Our team have helped many people to get over a fear of heights or a case of nerves on the day. There is no weight restriction and many people with disabilities have taken part in the abseil. 16-17 year olds can abseil with parental consent, and there is no maximum age limit.

Feel amazing!

Imagine telling your friends that you abseiled 150 feet from one of Glasgow's most iconic structures at the weekend – it beats sitting around watching the rugby. "The titan abseil was amazing, between the view of Glasgow and the adrenaline rush I hit the ground and wished I could climb straight back up for another go!" Henry Wilson, Titan abseiler.

Raise money for those who need it

The sponsorship you raise will change lives. And this year we've dropped the minimum sponsorship to just £95 – think of it as 19 people giving you a fiver each. All it will cost you is your registration fee of £20, which covers the cost of your abseil and means that the money you raise goes straight to ENABLE Scotland.

The Charity: ENABLE Scotland

Children and adults with learning disabilities have the same hopes and dreams as everyone else... but unlike other people they often don't get the chance to achieve these. ENABLE Scotland is the leading charity for children and adults with learning disabilities and their families, providing free information services, after-school care, advocacy and befriending projects, employment mentoring to get adults their first jobs and supporting people to live in their own homes independently.



Katie and Mhairi's Story

Katie can't walk, talk or feed herself, and has epilepsy. Before getting support from ENABLE Scotland, her mum Mhairi was caring for her 24 hours a day.

Katie now has a big smile and loves going to her volunteer carers every few weeks. Mhairi gets a break and a good night's sleep.

Mhairi says "I really don't think I'd cope if it wasn't for ENABLE Scotland."

ENABLE Scotland depends upon donations, fundraising events and public funding to continue its vital work. The money raised each year by people taking part in sponsored challenges like abseils, cycles, marathons and fire walking has helped to ensure that we can continue our mission to reach the 120,000 people with learning disabilities in Scotland. By getting sponsored to abseil the Titan, you will help us support families in situations like Katie and Mhairi.

Here are just a few examples of what your £95 sponsorship could achieve:

£8 buys an hour of support for a child to join in at Brownies for the first time.

£10 pays for a communication passport to give a voice to a person who can't communicate verbally

£25 buys books to help a person with a learning disability to deal with bereavement.

£50 pays for a training buddy to give a person with a learning disability the freedom to travel independently.

Just think of how much we could achieve if you raised £250 with your abseil! And that's not a distant possibility; that's the average amount raised by each Titan abseiler in 2009.

The Sponsorship

You've made up your mind to abseil from a 150ft tall Titan crane – so make sure you raise as much as possible from your friends, family and workmates. We'll provide you with a sponsor sheet as soon as you sign up, and we'd also recommend setting up a Just Giving page:



[Home](#) [About us](#) [Your account](#) [Help](#)

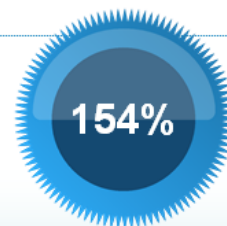
Ross's page
Titan Abseil
on 03/10/2009



[Photos \(2\)](#)

[Team members:](#)
Ross Ward

Target: **£1,000.00**
Raised so far: **£1,543.00**



[Donate now](#)

My story

Thanks for taking the time to visit my JustGiving page.

On Saturday 3 October 2009 I will abseil down the Titan Crane in Clydebank in aid of Enable Scotland. They are a very good cause because they helped me find my first job just over four years ago. They support thousands of people in Scotland every year. The Titan Crane is a 150 foot monster and I will go to the top in a lift, have my full body harness secured and then abseil down the full length of the crane.

Please support me in giving something back to Enable Scotland so they can continue to help lots more people in such a brilliant way.

Just Giving is a great way to raise money online, which allows you to reach those of your friends not living locally, and also lets you set up your own personal page which links to Facebook and Twitter. Setting a page is free and easy, and really helps to boost your total.

Secrets for Success

Be proud of what you're doing; you will be helping to change life for people with disabilities and not everyone is able to take on this kind of challenge. If you think you might be nervous about asking for sponsorship, why not team up with a friend who also wants to do the abseil? You can then combine your efforts by going to your local pub together to ask for sponsors, or sharing a Just Giving page.

Take your sponsor form with you at all times, you never know who you will run into!

Approach your boss – lots of companies like Scottish Power, RBS, and Boots offer match-funding to employees doing charity fundraising events like abseiling. If they don't have a match-funding scheme, they might consider making a donation to your total. It's always worth asking.

Remember to ask a couple of times as people may intend to sponsor you but the timing might be wrong. And once you have pictures/videos of you descending the crane, you may find a few more sponsors emerge.

We're at the other end of the phone with lots more ideas, so if you're getting a bit stuck or discouraged, do give us a call.

The Next Step

You've decided you want to abseil from the Titan Crane this summer and support a national charity to transform lives. Not to mention having a fear-busting, exhilarating abseil experience that you will remember for years to come.

What do you do now?

Step One: Register with ENABLE Scotland

To register all we need are a few details from you and your registration fee of £20. It really does only take five minutes to fill out the form on the next page, or to sign up with Paypal via our website: www.titanabseil.org.uk. You can also call us on 0141 226 4541 (choose the Fundraising option) and we can take all your details over the phone. We'll give you your time and date for the abseil.



Step Two: Get Sponsors

We'll send out your sponsor form straight away and you can start finding those supportive friends and family members who will help you reach your total. Give yourself a bit of time to sort out sponsorship and you won't have any trouble.

Step Three: Abseil

Bring your friends along to watch you abseil – they can even go up onto the Titan to watch you from a bird's eye view, or wait at the bottom with a camera to catch the look on your face. You'll receive full instructions for what to expect on the day a week before your abseil.

Costumes on the day are very much encouraged – why not try to come up with a really original idea? We will be giving out an award on the day for the Best Dressed abseiler.



Step Four: Celebrate!

Enter your abseil photos in our Best Photo Competition, give advice to people who might want to abseil via our Facebook page and give that final nudge to your sponsors.

You have one month after the date of the abseil to collect in any money you have raised, and you will automatically be updated on the work ENABLE Scotland is doing - work that you will have made possible by abseiling.

So what are you waiting for? Sign up now to take up the Titan Challenge!



ENABLE Scotland Titan Crane Abseil Registration & Payment Form

You have just taken the first step to raising vital funds for ENABLE Scotland - supporting children and adults with learning disabilities in Scotland live, work and take part in their communities. **Thank you.**

Minimum sponsorship £95 (minimum sponsorship to be paid on day of abseil).

Please send in completed form along with £20 registration fee.

Name & address including postcode:

Telephone number & email address:

Date of Birth: _____ *if you are under 18, please provide details below:*

Parent/Guardian consent details

Relationship to participant _____

Name _____

I can confirm I consent to (name of participant) _____ to take part in the abseil event from the Titan Crane

Signature _____

Date of abseil (select one):

Saturday 1st May

Sunday 2nd May

Saturday 19th June

Sunday 20th June

Saturday 21st August

Sunday 22nd August

T-Shirt Size: _____ (medium, large or extra-large)

Do you have any disabilities?

Where did you hear about the event?

Please complete this form and return with your registration payment of £20 to
The Fundraising Team, ENABLE Scotland, 2nd Floor, 146 Argyle Street, Glasgow, G2 8BL. Tel
0141 226 4541

ENABLE Scotland, Charity No SC009024



