

Community

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Hospital Team

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Hospice

Calling all Thrill Seekers...St Luke's Has The Challenge For You!

Have you got what it takes to put your courage to the test? Are you always looking to push your body to the limit? If the answer is yes, then why not take part in the adventurous, adrenaline pumping Triple Challenge!

Now in it's second year, The Triple Challenge is open to anyone aged 10 years or over (although all under 17s must be accompanied by an adult) and will take place at Foggintor Quarry this Mothering Sunday (March 14th).

For the challenge, participants will climb a rock face (with a choice of easy or demanding routes to suit individual fitness and ability) and then they must then put their fears aside to tackle an abseil down a 60-foot vertical drop. Their final test will be the 'Tyrolean Traverse', where they will be able to feel the freedom and excitement of being suspended over a deep gorge, while self-propelling across a 40-foot gap. Fully trained instructors from professional outdoor activity provider Mountain Water Experience will oversee the event and provide all the necessary safety equipment.

Organisers hope that individuals, groups, families, friends and work colleagues will enjoy taking part in the fun event whilst helping to raise much-needed funds for the Hospice. For more information please contact the fundraising team on 01752 492626 or email: events@stlukes-hospice.org.uk

Every year St Luke's Hospice provides specialist palliative care, free of charge, for more than 2,000 patients with life-limiting or terminal illnesses. St Luke's serves patients from Plymouth, South West Devon and East Cornwall.

Annually the Hospice costs £5.5 million to run and sadly, government funding is extremely limited, which means that at least £3.5 million must be raised from the local communities we serve.

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