

How about... taking on the challenge of organising your own fundraising event?

It's fun, rewarding and a great way to support the Hospice. Whether it's an event for your local community or a social occasion for your friends and family, it really will make a difference and our fundraising team is here to support you every step of the way.



For more information about any Hospice event contact the fundraising team:

Visit: www.stelizabethhospice.org.uk

Call: 01473 723600

Email: fundraising@stelizabethhospice.org.uk

Why not follow us on Facebook and Twitter?



St Elizabeth
Hospice
Registered Charity No. 289154



www.stelizabethhospice.org.uk

Don't forget...
Overseas challenges

If you want more of an adventure then why not sign up for one of our overseas challenges? An overseas experience can be an adventure of a lifetime in some of the world's most spectacular destinations:

- Cycle London to Paris
- Amsterdam 48 Hour Cycle Challenge
- Trek the Great Wall of China
- Climb Kilimanjaro

eventsbook 2012

Why not sign up?
It's a great way to support us...

Some activities you may already know:



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• **Skydive**
April, August or choose your own date

Experience the adrenaline rush of a lifetime as you jump from a plane strapped to an instructor.



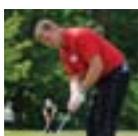
• **Great Xscape: East Suffolk**
Saturday 14th April

Your mission is to recruit a team to be blindfolded, driven to a secret location and challenged to find your way back. No money, maps or mobiles!



• **Great Xscape: Waveney**
Saturday 21st April

Join us for the first ever Great Xscape in the Waveney area.



• **Corporate Golf Day**
Friday 4th May, Hintlesham Golf Club

Enjoy a day of golf networking with other local businesses.



• **Midnight Walk**
Saturday 19th May

Be part of this fantastic event which attracts around 2,000 women walking around Ipswich town centre at night for the Hospice.



Visit www.midnightwalkipswich.co.uk



• **East Anglian Dragon Boat Festival**
Sunday 27th May, Oulton Broad, Lowestoft

Dragons wanted! Crews of up to 15 are invited to enter this fun and challenging event.



• **Motorcycle Run**
Sunday 24th June

Calling all bikers! Join us and hundreds of other motorcyclists for a ride in support of the Hospice.



• **Ipswich Hospital Abseil**
Saturday 7th or Sunday 8th July

Take part in this popular annual event and experience the thrill of abseiling down the maternity block at Ipswich Hospital.



• **On Your Bike!**
Sunday 2nd September, Framlingham

A cycling event for everyone! With the choice of three different distances, all taking in beautiful Suffolk countryside.



• **Roses on the River – Remembrance cruise**
Saturday 8th September, River Orwell

Cruise along the River Orwell and remember a loved one in a unique and uplifting way.



• **Halloween Fire and Ice Walk**
Saturday 27th October, Kesgrave Conference and Community Centre

Fearless fundraisers, choose from walking over hot coals or shards of broken glass!



• **Christmas Day Dip**
Tuesday 25th December, Felixstowe

Are you brave enough to join us for an early morning dip in the North Sea on Christmas Day?

