

What's coming up...

forthcoming St Andrew's Hospice Events



Bikers and Hikers Day Millport

Saturday 8th August 2009

Cycle or walk around the Isle of Cumbrae



Ben Nevis Challenge

Saturday 12th September 2009

**Join our annual climb of
Britain's highest mountain**



Saltire 6k Fun Run

Strathclyde Park

Sunday 29th November 2009

**Part of St. Andrew's Hospices'
celebration of St. Andrew's Day**

St Andrew's Hospice, Henderson Street, Airdrie, ML6 6DJ

Tel: 01236 766951 Fax: 01236 748787

www.st-andrews-hospice.com

St Andrew's Hospice (Lanarkshire) is a charity registered in Scotland, No SC010159

Trek Italy

16th -
23rd May 2010

'The Italian Job'

in aid of

St. Andrew's Hospice

caring for the people of Lanarkshire

Rome

Lake Albano

Arcioli

Castel

Gandolfo

Frascati



Contact Catherine, tel: (01236) 766951 or email: catherine.lavery@standrews.lanpct.scot.nhs.uk

'The Italian Job'

Climbs and treks around Assisi, Castel Gandolfo and volcanic lakes from bases in the Alban Hills, Umbria and the City of Rome. The experience of a lifetime and an opportunity to help St. Andrew's Hospice to continue to care for Lanarkshire patients suffering from cancer and other life-limiting illnesses.



You will have to be reasonably fit as the trek will cover some difficult terrain but the Hospice staff will help by arranging practice walks to get fit and meet the group.



There will be 6 days of trekking with some free time in Rome at the end to celebrate. To book a place in Italy complete the attached registration and send with a non-refundable deposit of £200. We will issue you with a pack to help you raise the minimum sponsorship of £2,000. (covers flights, transfers, most meals, accommodation and local guides).

Your support really does make a difference'

St. Andrew's Hospice has to raise £44,000 each week to meet running costs and our International Challenge Events are a vital part of our fundraising effort.

Our service includes 32 in-patient beds and support services for patients and their families.

We also have a Day Hospice with facilities for an additional 60 patients and a Care At Home Team.

All services are provided free of charge to the patient.

www.st-andrews-hospice.com

Name:

Date of Birth:

(as appears on passport, inc. title).
Address:

Post Code:

Daytime Tel:

Evening Tel:

Mobile No:

Place of employment/Occupation

Vegatarian or other dietary requirements
Provide details if applicable: Yes / No

Email Address:

Passport Number:

Place of Issue:

Date of Expiry:

In registering, I am confirming my undertaking to raise the minimum sponsorship level and remit all sponsorship money raised to St Andrew's Hospice as required. I declare that I am medically fit, I will be age 21 or over on the day of departure, I will abide by the instructions of the Event Group Leader and understand that I am entering entirely at my own risk.

I enclose my registration fee of £200 (make cheques payable to St. Andrew's Hospice Adventure A/C) and I accept the Conditions of Entry for Trek Italy.

Signed:

Dated: