



Personal Challenge Events for 2019

In 2019 step out of your comfort zone and sign up to one our adrenaline fuelled personal fundraising challenges. To register your interest in any of our incredible events listed below, please contact: jeremygoss@nnab.org.uk or donnaminto@nnab.org.uk

Be part of something special and live the adventure!

The London O2 Climb Thursday 25th April 2019

The London O2 Climb takes you on an exhilarating 90-minute climb over the roof of the world's most popular entertainment venue. Marvel at the 360° views and when it's clear you can see landmarks up to 15 miles away. Discover a different side of London, historic Greenwich, The Olympic Park and Canary Wharf.

The NNAB are looking for 20 individuals to join them on this high adventure experience.

Individual cost - £50

Individual fundraising target - £200

Zip Wire Challenge Saturday 18th May 2019

Prepare for a truly unique and exhilarating experience; the fastest zip line in the world. Soar over Penrhyn Quarry, North Wales, where you could travel at speeds of over 100mph while you take in the breath taking views and feel the freedom of flight.

The NNAB are looking for 20 individuals to join them on this zip line experience.

Individual cost - £50

Individual fundraising target - £250

Tandem Skydive Experience
Saturday 15th June 2019

Make a tandem skydive from two miles high! Securely harnessed to your tandem instructor, you will be in free fall for 50 seconds at speeds in excess of 120 mph. This a guaranteed thrill of a lifetime!

The NNAB are looking for 20 individuals to join them on this skydive experience.

Individual cost - £195

Individual fundraising target - £250

The Tour de Broads Cycling Event
Sunday 18th August

Experience the unique country roads, quiet villages and picturesque scenery that the Norfolk Broads has to offer, in a safe, well-supported, friendly cycling event. There will be a choice of four routes (25 miles, 50 miles, 75 miles and 100 miles) and a family ride.

All routes are fully signposted.

Team NNAB are looking for 30 individuals to join them on this cycling experience.

Individual cost – Free entry

Individual fundraising target - £300

The NNAB Blindfolded Run
Saturday 21st September

To many running 5k (3 miles) is not a problem but what about completing this distance blindfolded! The NNAB are staging a blindfolded run at Eaton Park in Norwich to prove that having any degree of sight loss is not a barrier when it comes to sports participation. Come along with a friend and experience blindfolded running and at the same time raise awareness and funds for the NNAB.

The NNAB are looking for teams of two to enjoy this unique running experience.

Individual fundraising target - £100

ABSEIL the Orbit
Wednesday 2nd October

Experience the highest freefall abseil from the UK's tallest sculpture – the ArcelorMittal Orbit based at the Olympic Park in London. This is the most adrenaline-fuelled way to see London at 262 feet above the city.

The NNAB are looking for 20 individuals to join them on this abseiling experience.

Individual cost – £100

Individual fundraising target - £300

Other social Events being held in Norwich

Quiz & Chips night at Virgin Money Lounge, Norwich

Thursday 14th February 6.30pm – 9pm

A fun valentines Quiz & Chips evening in the city. Up to 8 people in each team. Please feel free to bring a bottle. All proceeds will go to sponsoring 76 year old Tim Hirst & his wife Rachel, who are running this year's Virgin Money London Marathon to help raise money for the NNAB.

Tickets are £10 (available from the Virgin Money Lounge, 10 Castle Street, Norwich, NR2 1PD).

New Year, New Gin! - Friday 22nd February 6.30pm – 9pm

at the NNAB Bradbury Activity Centre

Enjoy an evening of exploring the history & flavours of gin in different cocktails, hosted by Johnny from Van Vino. There will be food available throughout the evening. Tickets are £30 available via: <https://forward.nnab.org.uk/gin-night> or by

calling 01603 573000

Ditchingham Open Garden Day – Sunday 14th April 2pm – 5pm

Ditchingham Estate, Norwich Road, Nr Bungay. NR35 2JU

The gates to the estate are only open for a couple of dates in the year and all money goes to the chosen charity - this year being for the NNAB. There will be stalls of crafts, plants and ice cream as well as a tea terrace selling a yummy selection of homemade cakes.

£5 entry on the gate (children & disabled are free)

Spring Pamper Evening – Friday 3rd May 6pm – 9pm

At The NNAB, Bradbury Activity Centre, Norwich

An evening of pampering taster sessions, including massage, facials, reflexology, haircuts, hopi- ears, reflexology & much more. Prices from £3 to £15 for us to 40 mins of treatments. The tea rooms will be open all night selling wine, homemade cakes & other refreshments.

Entrance is £3 on the door or to reserve your tickets call 01603 573000

If you have any other questions about all of the events listed above, please do not hesitate to contact the fundraising team on 01603 573000

or email: office@nnab.org.uk