

NEWS RELEASE

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For immediate release

Sign up for 30,000ft of Action this summer in Manchester

Don't look down! National charity, **Action for Blind People**, is challenging brave volunteers from the Manchester area to rope themselves into a massive 30,000ft fundraising abseil. The charity is hoping to get over 300 local volunteers to abseil 100ft down **The Printworks** over the weekend of Saturday 17 and Sunday 18 June.

Anyone over 18 can sign up for the abseil and no experience is necessary. Volunteers can abseil from 9am-5pm on either day and volunteers only have to raise £100 to abseil for free. However, there are special prizes for those who raise more, including Holmes Place passes and a top prize of a football signed by the **Manchester United** first team.

Natalie Elais, Action for Blind People's Community and Events Coordinator, comments:

"Dads can do it for Fathers Day, students may want to abseil to mark their graduation, daring volunteers could even do it blindfolded! We need as many volunteers as possible. With nearly 4,000 registered blind and partially sighted people living in Manchester, it's an opportunity for volunteers to support some of the charity's vital work with local visually impaired people."

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Action for Blind People works to enable blind and partially sighted people to live independent lives and Manchester is home to the Manchester Actionnaires; a sports club run by Action for Blind People for visually impaired children. Over the coming months Action will be expanding its services in Manchester to include an employment service for visually impaired people.

For further information on how to get involved, please contact Natalie Elais on Tel: 0207 635 4888, email events@actionforblindpeople.org.uk or visit www.actionforblindpeople.org.uk

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For further media information please contact Zoë Patel, Tel: 020 7635 4898, zoe.patel@actionforblindpeople.org.uk

Notes to editors:

- The Printworks has generously allowed Action for Blind People to use the building free of charge.
- In 2003 The Department of Health reported that 1,945 people in Manchester were registered blind and 1,710 had registered as partially sighted. However, not every visually impaired person registers their sight loss.
- Action for Blind People supports over 20,000 blind and partially sighted people in the UK every year. Action for Blind People's National Freephone Helpline is 0800 915 4666.
- Action works to inspire change and create opportunities to enable blind and partially sighted people to have equal voice and equal choice and to live a full and valuable life.
- Action provides visually impaired people with opportunities through employment, housing, leisure and information and support.