

CENTRAL PARK PLUNGE



INFORMATION BOOK

CAHOOTS
camps & adventures
for all abilities

**Not
your
average
abseil!**

GET READY TO PLUNGE FOR CAHOOTS...



26 October 2024



Central Park Tower Perth
33 Floors | 130 Metres

Thank you for your interest in *The Central Park Plunge* 2024. A 'must do' charity challenge, abseiling 130 metres from the tallest Tower in Perth!

How does it work?

The Central Park Plunge is an exciting urban adventure for anyone looking to challenge themselves, by abseiling 33 floors down the tallest Tower in Perth (Central Park Tower).

How much does it cost?

Registration is \$100 per person.

Is there a fundraising target to participate?

Each Plunger will also have a minimum fundraising target of \$1100 which will help Cahoots change the lives of young people living with a disability.

How do I get involved?

All you need to do is register... fundraise... and Plunge! To register, scan the bar code below or click here: <https://www.cahoots.org.au/central-park-plunge-2024-register/>

Limited spots available - be quick to secure your place.





A BIT ABOUT US...

Cahoots joyfully empowers young people to thrive...

Now you can too!

Cahoots is a WA charity that provides inclusive opportunities to young people facing exceptional challenges or living with a disability to **help them live their best life!**

We provide recreational, cultural and educational camps and programs that help **build confidence, connection and life skills** to help young people maximise the opportunities in life for a brighter future!

We also provide much needed respite to families and carers, **working with all to touch and change lives for the better!**

By completing *The Central Park Plunge*, you will feel a sense of pride and accomplishment, especially when you've reached the ground after abseiling 33 floors!

Best of all, your efforts will change the life of a young person, enabling them to go on a life enhancing camp or program to help them conquer their exceptional life challenge!



"The benefit is not only for Sam, but in knowing that you have helped a young boy become more independent, try new things with the view of becoming someone who contributes to society in however that may be."

- Sam's Family

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Frequently Asked Questions



Can anyone take *The Plunge*?

Yes, whether you are an adrenaline junkie or someone wanting to make a difference by challenging yourself, you can take part and change young lives for the better.

Can I do *The Plunge* with a friend or colleagues as part of a team?

Yes, individuals, couples and teams can take *The Plunge* – who will join you on the ropes? Please note: teams can comprise of 2 or more participants, however there will be 4 descent ropes operating at one given time.

How do registrations and fundraising work when in a team?

As a team, you can set a collective fundraising target, but will still need to raise at least the equivalent of \$1100 per person to be eligible to plunge. The collective funds raised can be distributed amongst all team members to ensure everyone is able to reach their minimum target and much more!

Can my workplace, club, community group or organisation take part?

Absolutely! You can register a branded team. For questions regarding registering your workplace, club or community group, please contact our team on 1300 103 880 or together@cahoots.org.au

Is my registration fee refundable?

Your \$100 registration fee is non-refundable.

Do I need to have abseiling experience to participate?

Although previous experience may make you more comfortable on the day, it is certainly not a requirement for participation. You will be taken through a thorough briefing and training session prior to your descent.

Is there an age restriction too plunge?

The minimum age to participate is 16 years old.

How many people get to plunge for Cahoots?

36 adventurous people get to take *The Plunge* for Cahoots, which are filling fast! Each year we are sold out, so be quick to register.

How do I fundraise?

Fundraising can be an easy and fun experience, the sooner you start the better! Once you have registered you will receive a Fundraising Guide which will outline ideas and suggestions. Remember we are here to help, so reach out to our fundraising team at any stage.

What happens if I can't reach my fundraising target?

All participants will need to fundraise their minimum target to participate. Don't you worry... if you are having difficulty, our team is here to guide, support and help you reach your goal. It's easier than you think!

Where will the funds I raise be going?

Funds raised will support young West Aussies living with a disability by providing inclusive camps and programs to grow their independence. This also provides their parents with much needed respite so they can recharge and continue providing ongoing care. Cahoots is a trusted WA charity which has been making a positive impact to the local community for over 40 years and we depend on the generosity of the WA community to help keep our services available.

By plunging with purpose, you can change the life of a young person and their family.

With over 350 young people on waiting lists and needing support, your help will make a tremendous difference.



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Lets take your
next adventure
to the edge!



Brought to you by



For further enquiries or to register, contact our team.

E: together@cahoots.org.au | P: 1300 103 880

Insert new hyperlink for 2024 event

