

Take fundraising to new heights with International Animal Rescue's Peacehaven Cliffs charity abseil

Thursday 3 September, 2026

Individuals and businesses are invited to take part in a fun abseil to raise money for animals in need.

International Animal Rescue is encouraging businesses to leave their desks behind and take their colleagues outside for a once-in-a-lifetime team-bonding experience at Peacehaven Cliffs.

The charity's Abseil for Animals 2026 will take place on Saturday 26 September, ahead of World Animal Day at the beginning of October.

Individuals as well as corporate groups can abseil 115ft down Peacehaven's iconic chalk cliffs alongside professional instructors.

Abseil for Animals allows colleagues to build those skills in a unique environment away from the day-to-day pressures of the workplace, helping to break down barriers as you take on a challenge and cheer each other on. An outdoor challenge also provides a confidence boost and can have lasting positive effects on employee mental health and wellbeing.

International Animal Rescue offers allocated time slots for corporate groups so colleagues can complete the abseil together and cheer each other on. Companies can enter one team or invite employees from right across their business to take part.

Participants pay £15 for registration and are asked to raise a minimum of £125 through sponsorship. Businesses can choose to match employee fundraising totals, set a group fundraising target or host a competition between teams and departments.

International Animal Rescue President, Alan Knight OBE, said:

"Nobody sets off to climb a 115ft cliff feeling confident! Having your colleagues next to you, cheering you on and taking on the same challenge really brings you together. It's about trust, support and celebrating your achievements together."

"We can offer businesses allocated time slots so colleagues can experience the abseil together. It's a fantastic way to invest in your people, bring colleagues closer together and show your customers you care about animals worldwide."

Phily Day (pictured) from International Animal Rescue who previously completed the abseil, added:

"Doing the abseil really improved my mental health and wellbeing. It was nerve-wracking standing over the edge of that cliff but once I went I knew I could do it. It made me think about how many things in life are mind over matter. When I reached the bottom, I felt such a sense of achievement. It was a nice reminder that we can achieve far more than we think, especially when we have other people encouraging us."

On the day of the event, everybody will receive an official International Animal Rescue T-shirt. The charity's team will also be on-hand at Peacehaven to support participants and cheer them on throughout their descent. Funds raised by teams will help International Animal Rescue continue its vital work worldwide. The charity partners with community projects to rescue animals from suffering, provide veterinary care and rehabilitation, and protect endangered wildlife and its habitat.

For more details please visit

<https://www.internationalanimalrescue.org/get-involved/fundraise/adrenaline-challenges>

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