



# SPINAL RESEARCH

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### Dates For Your Diary 2008

Ceilidh	23rd Feb
Hereford Dinner & Dance	12th April
Cranfield Sportsman's Dinner at Arsenal Football Stadium	22nd May
Golf Day	27th June
Tea Dance	July

### How to Get Involved

Colin & Val are still determined to help fund a cure for paralysis and would be grateful for your support.

If you think you can help please take a note of the events above and join them in having fun whilst raising funds for spinal research. Or if you would like to organise your own event contact Colin & Val who can provide helpful advise & support

### Just a thought!

'Life isn't about waiting for the storm to pass - it's about learning to dance in the rain'

Tetraplegic Adventurer Colin Javens has recently spearheaded the development of the West Midlands Branch of Spinal Research—a branch solely focussed on raising funds for research into the repair of injured spinal cords

### 2007 Fundraising Review

Spinal Research WMB's 1st year of fundraising came to an end in August 2007 and we are delighted to confirm that with the fantastic help of our supporters we raised just over £50k.

The money was raised through a variety of events from a 'Global Dinner' to an atmospheric dinner hosted at the world famous Lords Cricket Ground. We are also grateful to our supporters who donated amazing prizes or undertook huge personal challenges to fundraise for us - such as Richard Cheetham who climbed Kilimanjaro and Chris Bird from Avonade who ran the Great Manchester Run.

100% of the funds raised will support the Research Function Projects that will be identified by the Scientific Committee at International Spinal Research Trust.

Colin & Val are incredibly grateful and would like to take this opportunity to thank everyone for their ongoing support, thank you.



Richard Cheetham & Team preparing to scale Mt Kilimanjaro

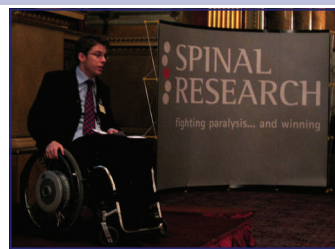
### Colin's Year

2007 started cautiously for Colin — massively underweight from the expedition he was still at risk from being plagued by pressure sores. In February the burns he sustained to his legs were skin grafted and after a 2 week stint in Stoke Mandeville they finally healed, just in time for the fundraising events that took place from there on. In July Colin traveled to Thailand. The highlights — visiting the Bridge over the River Kwai and swimming in the Gulf of Thailand (picture below)



Unfortunately the challenge of traveling took its toll and Colin returned with a pressure sore and ended the year with 3 months on bed rest. Another learning experience.

### SR Supporters Lunch



Colin was honoured to speak at SR Supporters Lunch in the Goldsmiths Hall in London on the 27th November.

Colin's speech followed a fascinating update of the Spinal Research projects carried out in 2007 from Prof John Priestley and a update from Jonathon Miall, CEO of International Spinal Research Trust.

### School Talks

Colin's inspirational school talk entitled 'Learning to Live Your Dreams' is continuing to be very well received. As a result many of the schools Colin has visited have taken up his fundraising cause.

Just two examples of this are Kingsdown School who raised £1500 after Colin was guest of honour at their prize giving evening and another was Shrewsbury House who generously donated £2000.

The initiative hasn't stopped there. Last year a pupil from Whitecross High school spent 1 week in a wheelchair raising sponsorship money for Colin's cause.



Mrs Taylor at Kingsdown School