



SPINAL RESEARCH

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Donations Made By:

The Kings School, Worcester	£200
Canford School	£120
Fairfield High School, Hereford	£350
John Masefield, Ledbury	£272
Hereford College of Technology	£77.34
St Mary's Calne	£120
St Catherine's	£500

What's Next

In August Colin and Val will have come to the end of the first year running Spinal Research West Midlands Branch. It was their aim to raise £100,000 in two years and I'm delighted to inform you that they have nearly reached their halfway target. They are very grateful for all of the support they received.

Colin aims to continue raising awareness by carrying out school talks, so please forward his details to other schools - thanks.

Just a thought!

'The only limits you have are those you set yourself'

Miles Hilton-Barber

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

Colin Travels The Country – School Talks

As well as setting up Spinal Research West Midlands Branch and continuing to raise funds for research into the cure of paralysis, one of Colin's main aims when he returned from the Driving Home expedition was to promote awareness of spinal injury and to inspire people to 'Live their Dreams'.

Consequently, Colin has been traveling the length of England from as far North as St Anselms School in the Peak District to as far south as Canford, on the South Coast, motivating through his inspirational talk of how he turned tragedy into triumph. To date Colin has completed 33 talks which have been really well received.

'Colin had a palpable impact on his sixth form audience. His courage in adversity and determination to

challenge himself by following his dreams is hugely inspirational. He speaks with humility and humour, combining detail of the impacts of spinal injury with his own battle to live life to the full. I thoroughly recommend him.'

Richard Salmon, Head of General Studies, Canford.

Many of the schools Colin visited have taken up his cause of raising funds to support spinal research and between them they have raised a £2,250. Colin is extremely grateful and he would like express his sincere thanks for everyone's kind support.

This newsletter is a token of thanks and a way of highlighting the hard work that people and schools have dedicated to support Colin's cause. Thank You.

Tom's Challenge

During the course of the 2nd week of May, Colin spoke at all 4 assemblies, to the entire student population of **Whitecross High School**, Hereford.

Colin presented his 'Live Your Dreams' talk and as a result it inspired Tom Davies; a year 8 pupil, to get involved and help Colin raise money for Spinal Research.

Tom's unique fundraising challenge was to spend a whole week at school in a wheelchair. Tom was supported by two friends Ed and Ross and they raised a **fantastic £200.**



Tom said that being in a wheelchair was a great learning experience for him and everyone at school.

Herefordshire Support - Fundraising

Wayne's Run - Colin's former English Teacher and Rugby Coach, Mr Wayne Owens took part in the Muddy Wood Run in Haugh Woods and raised **£128.5**

John Masefield High School Ledbury - Colin was invited to be the guest speaker at John Masefield's Prize Giving Evening. Head Teacher Mr Evans immediately responded to Colin's talk and following a generous donation of **£272** the students took up several fundraising initiatives including nail painting, dodge ball, guess the number of sweets in a jar, guess the name of teddy and raised a further **£118.**

Kingsland Primary School - Colin was introduced to Kingsland Primary School by Sue Green who is a member of Spinal Research West Midlands Branch's steering committee. Kingsland Primary School has recently organised a 'casual clothes' day and raised **£140.**

Wellington Primary School - Colin was a former pupil at Wellington Primary and he was delighted to make a return visit. Wellington Primary raised **£100** by holding a casual clothes day.

Cake Sales

St Catherine's Prep School was the first school Colin visited on his return from Africa, so it holds a huge importance for him.

The girls of **St. Catherine's in Bramley** have taken Colin to heart. Since September three House cake sales have raised an amazing **£500** for the charity and on the **16th May** Colin went to talk to the girls about his cross continental journey and to receive the money from them.

