

DRIVING HOME

A Project in aid of The Colin Javens Spinal Injury Trust (charity number 1107143)

123 days on
the road



Driving Home is a pioneering overland expedition from London to Cape Town, led by Colin Javens who is tetraplegic. Driving Home will raise funds towards spinal research and welfare of the spinally injured, and will promote disability awareness in the UK & Africa.

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Cape Argus Press Article

Colin's profile in South Africa is growing thanks to Fleishman Hillard PR agency who have generously donated their expertise for free to manage Colin's time in South Africa. The recent article in the Cape Argus daily newspaper can be found on our website.

Land's End to John O'Groats

Ever wanted a top to tail view of our own country? Here's your chance. A fundraising bike ride from Land's End to John O'Groats, beginning August 25th and supported by Colin in his adapted vehicle.

All money raised will be towards research into spinal cord repair.

If interested please contact Caroline — caroline@drivinghome.co.uk for more details

Forthcoming Events

In addition to the expedition we are busy with other events:

- April 9th—10km run Jersey
- May 19th—RAC Club Dinner
- June 3rd—10km run London
- Sept 13th—RGS Lecture
- Nov 1st—RAC Club Dinner 2

Next month

- The team reach South Africa
- Publicity update
- Fundraising progress
- What's next for Colin.....?

Colin forced to rest in Zambia

Colin and his team have now completed nearly 17,000km, 123 days on the road, travelled through 11 countries, with 3 to go. They are so close...

Yet, we are reminded that although they now travel on tarmac roads and are close to advanced medical facilities, challenges still lay ahead...

Colin has developed a pressure sore for no obvious reason except perhaps too many hours in the driving seat. Pressure sores, (areas of damaged skin and tissue caused by pressure on one area for prolonged periods) are one of the biggest threats to people with spinal

injuries and Colin must rest until it is completely healed (likely to be around 2 weeks).

Fortunately the team are in a suitable location to do this, with help on hand. They are staying with Vanessa (who is



Colin resting in his tent

also tetraplegic) and her mum, Amanda, a nurse. They are staying on the biggest coffee plantation in Zambia.

Colin is very accepting of these delays, staying very positive that the team will reach Cape Town on time, with which we have full confidence.

It is a bonus that these issues have not arisen earlier in the expedition and is credit to all of the team who have managed the expedition so very well.



Meeting the locals

Visits to Spinal Injury Projects in Africa

Colin and his team stopped en route to see how money donated by the Colin Javens Spinal Injury Trust has been spent in spinal injury centres in Kenya and Tanzania. Both organisations gave Colin a

royal welcome, inviting the local media and dignitaries.

The team were shown around the site, and in Tanzania, the wheelchair training centre that manufactures many of the chairs.

They also had the chance to meet several members.



Distributing donated wheelchairs

Both organisations do wonderful work raising the profile of people with spinal injuries and providing individual help.

The team were impressed with KASI building their own chairs. KPO import their chairs from China which are not designed for the rough African terrain, and are difficult to service. We are pleased that KPO soon hope to follow the example set by KASI.



Colin receives a warm welcome

Colin realises how lucky he is...

The team met a lady named Pricilla during a visit to her family small-holding in Tanzania. Pricilla suffered a spinal injury in 1984 when she slipped and fell whilst carrying a load on her head. She suffered a C3/C4

spinal break which means that her only mobility is to shrug her shoulders.



Accessing Pricilla's house with difficulty

Initially Pricilla was fortunate to be treated in hospital, funded by the government, for 3 years. However, she is now back home and receives

no external help. Her family are responsible for providing all Pricilla's care.

Pricilla has not been able to leave her house in 19 years. She is unable to read and does not have any electricity to watch TV.

This was a sobering reminder of how fortunate we are with our support in the UK