

DRIVING HOME

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

92 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.

Newsletter 16

January 2006

Thankyou to **Kelly Storage** in Guildford who donated their Christmas collection of £5,500 to the Trust, helping us work towards a solution for paralysis

UPDATE!

More team photos from Cairo to Nairobi will be appearing soon:

<http://www.drivinghome.co.uk/album/index.html>

School support

Thankyou to St. Mary's School, Calne for adopting us as their chosen charity of the week.

Get fit and help us fundraise on Saturday June 3rd

We will be teaming up with Mornington Chasers Running Club for the Regents Park Summer 10km Race – funds raised going towards research into spinal cord repair.

If you would like to join our expanding 10km team in sunny Regents Park, and for beers and a picnic afterwards, email Jo on jo@drivinghome.co.uk



Race entry is £7 and we ask competitors to raise £150 for the Trust.

Contact details

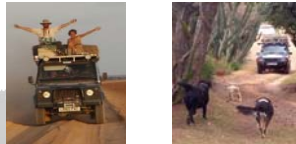
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Next month

- Land's End to John O'Groats
- Plans are arranged for the team arrival in South Africa
- More UK news

Colin returns home

It was a very poignant moment when the team texted us from the Kenyan border saying that Colin had a huge grin on his face and had gone to buy beers to celebrate 'driving home'. *Welcome home!*



Although only half way through this challenge Colin is finally back in the country where he was born and calls home. He was joined by his mum who flew out to visit, and was generously looked after by old



The team crossing the Equator

family and friends who took it upon themselves to 'fatten the team up again!'

It has been a fantastic opportunity for the team to relax and re-stock, for the vehicles to get serviced and also for the team to visit the

Kenyan Paraplegic Organisation, to see how donated funds have been spent.

KPO had bought six wheelchairs and some urinary equipment and organised training for two people in Tanzania.

You can read Colin's update on their diary: <http://www.drivinghome.org.uk/Diary> (see 28th Jan)



The off-road wheelchair arrives

Some of you may have noticed the off-road wheelchair at the departure event at Stoke Mandeville. After much hard work against time the chair has now been flown to Nairobi where it has been united with the team.

It is a prototype design created by Molten Rock Equipment Limited. It hopes to bring a new dimension to the expedition, increasing accessibility to the

environment for Colin. The initial response from Colin's friends at their base near Nairobi was fantastic, 'it was amazing to see Colin zooming around, he had such fun on



the polo pitch, down to river, up air strip and chasing the cows'. We hope to hear more stories on this soon.

For more information and a TV clip please see www.moltenrock.co.uk

Spinal cord injury in South Africa

I had the opportunity to visit South Africa to learn more about support for the spinally injured. I was really inspired by the work of the QuadPara Association of South Africa (QASA). One of their aims is



Derek and Caroline meet Ari, head of QASA

to encourage independence and rehabilitation of quadriplegics, a service not offered by the state. One example are 'self help quad houses' where people with a SCI work together to share help, and transport.



Inside a Quad house



Caroline meets Wentzel, a C5/6 tetra from a rugby accident aged 15. He now works at Stellenbosch University coordinating on campus security and regularly plays wheelchair rugby.

Their next aim is extend this concept to rural areas where rehab services do not exist and where current life expectancy of spinal cord injury patients is, as a result, less than a year.