



SPINAL RESEARCH

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Special points of interest:

- Hereford Dinner Dance
- Fabulous Holiday in Kenya Prize
- Skin Grafts for the Burns
- Readers Digest Nomination
- 3 Peaks Challenge
- Clay Pigeon Shoot
- School Talks

Clay Pigeon Shoot

Discussions are taking place with Holme Lacy College to jointly host a Clay Pigeon Shoot come Fun Day. The date booked is Saturday 5th May—DATE FOR YOUR DIARIES

Just a Thought!

Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, a spark that creates extraordinary results.

Visit Colin's new website

www.colinjavens.com

Designed by ISB Design

www.isbdesign.co.uk

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

Hereford Dinner Dance Saturday 24th March 2007

The date has been fixed; the caterers booked and plans are going ahead for the Hereford Dinner Dance. The historic Shirehall in the Centre of Hereford will be the venue for the ball; celebrated band Soul Sensation



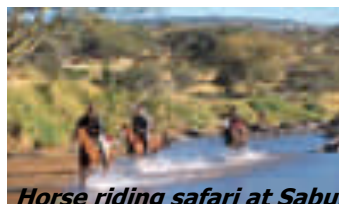
Turtle Bay Hotel, Watamu, Kenya

will entertain us, with Frank Simcocks' Disco to keep us up and dancing till the small hours!

A delectable 3 course meal will be catered for by the Two Sisters from Thruxton.

There will be an auction with the

main prize of a fabulous Kenyan holiday raffled prior to and during the evening. Turtle Bay Hotel situated on a silvery beach on the Indian Ocean in Watamu in Kenya have very kindly donated 7 nights for two, all inclusive. Verity Williams has augmented the prize by donating two nights at Sabuk ; an alluring haven on the edge of the Northern Frontier District perched on a cliff overlooking the stunning Ewaso Nyiro River. The Lodge is famous for its camel , horse and bird watching safaris. **A prize really worth winning!**



Horse riding safari at Sabuk

Nominated for Reader's Digest Local Hero Award



Freelance journalist, Anthea Rowan, from Arusha in Tanzania, hosted Colin and his team during the Expedition. The article she subsequently submitted to the Reader's Digest resulted in Colin being nominated for a Local Hero Award. Results will be announced in April's issue.

Burns Skin Grafted 3 Peaks Challenge School Talks

14 months after a scalding cup of tea spilt in his lap, resulting in third degree burns on the top of his thighs, and almost scuppering the expedition before it even got to Africa, Colin was admitted to Stoke Mandeville and his burns skin grafted on 30th January. As with any grafts, the dressings were kept on for 6 days — Tuesday 6th February was the all telling day — the dressings were removed and it appears that all has gone well and the grafts have taken — great news! All going well Colin is due out next week.

Ben Nevis, Scafell Pike and Snowdon—the highest peaks in Scotland, England and Wales. To climb them consecutively is the 3 Peaks Challenge—dare to take it up and raise money for Spinal Research. Drive up to Fort William on Friday making Ben Nevis your first peak. Conquer Scafell Pike and subsequently Snowdon. Trained Instructor Ben Matthews will be leading and guiding this mission—places are limited, so sign up **NOW!**

January was a busy month with several school and college talks; one being at Abberley Hall with its world famous clock tower, another at St Anselms In Derbyshire, Moor Park in Shropshire and more closer to home.

