

DRIVING HOME

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



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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The answer to last weeks question

It costs the UK Government **£350 million each year** to treat and care for spinally injured patients. Currently there is no public funding spent on project research into spinal cord repair to find a long term cure.

Cranfield MBA Alumni Dinner 2005

Cranfield University are one of the Trusts founding partners. The Inaugural Cranfield Alumnus Sportsman's Dinner will take place on March 18th, raising funds for an MBA rugby tour and for the CJ Spinal Injury Trust.

The Dinner will take place at the Great Hall of the Institute of Chartered Accountants, and speakers will include Brian Moore and Squadron Leader John Peters.

Spinal injury is a risk to rugby players and we are working with the Player's Fund in South Africa, to help provide emergency medical care to sportsmen injured on the field.

Next month

- Vehicle purchase (this must happen by next month!)
- Success of the Charity Balls
- Press releases
- An off-road wheelchair in design

Sitting still safely

Imagine yourself sitting still in a chair for 15 minutes, you never actually keep totally still. Nerves subconsciously tell us that we are uncomfortable and need to shift our weight to stop an area going numb.

In a paralysed person these nerve messages are blocked and the person is not aware of the pressure being exerted on their skin. Moving has to become a conscious effort and if forgotten a pressure sore can develop. This is an injury to the skin and the tissue under it, caused by lack of oxygen and nutrients, and can become very severe.

Pressure sores must be taken seriously—worst case scenarios can result in fatality. Christopher Reeve suffered a heart attack and coma from which he did not recover as a result of a badly infected sore.

For Colin, checking for sores becomes part of his twice daily routine, as second nature as brushing our teeth.

They happen mostly on protruding bones



Main pressure areas

such as the hips, elbows and heels.

There are preventative methods—changing position regularly (this includes throughout the night), use of foam pads, and a well fitting wheelchair.

On the expedition it will be critical that the driving seat and Colin's adapted bed in the vehicle do not cause any friction with Colin's body, even over rough terrain. It will be a responsibility of Colin and the medic to ensure that his body is kept free from sores throughout.

Colin's diary goes live on the website

Follow the progress and the frustrations of the expedition planning in Colin's words. His diary is now live on the website, please follow the link on the email to read about January and February.

Below is an extract:

"We are still trying to find a vehicle sponsor. Although this is in aid of a good cause vehicle manufacturers are

bombarded by charitable request, which has made it very difficult to get any vehicles for free. We can understand this so we believe the best option now is to buy second hand vehicles, recondition the engines and then sell the vehicles on our return (with the proceeds going to our beneficiaries).

So much needs to be done

but it all depends on us having the vehicles. We have decided on Land Rovers. More progress on this I hope next month."



The dream Land Rover Discovery

The Winston Churchill Memorial Trust Award

Colin has been awarded a Winston Churchill Fellowship for his expedition Driving Home.



Sir Winston Churchill

This is a huge accolade for Colin who was competing against many other explorers and expedition

leaders to win the fellowship. Anyone can apply for a Fellowship, which aims to provide people with the 'Chance of a Lifetime'; to gain a better understanding of the lives and cultures of people overseas, then to share that knowledge back in the UK for the good of the community.

Colin's Fellowship is entitled "Raising Global Awareness of

Spinal Injury" and will become an intrinsic part of the expedition.

For more information on the Fellowship please see www.wcmt.co.uk, the website of the Winston Churchill Trust .



The Chance of a Lifetime