

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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Contact details

Unit 8a,
Bramley Business Centre,
Station Road, Bramley,
Guildford GU5 0AZ
Tel: +44 (0) 1483 898 840
info@drivinghome.co.uk

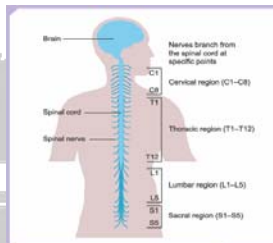
More events coming up :

- 'Ladies Night' in Hereford on April 22nd £10 per. ticket
- 'Murder Mystery' Evening on May 14th £25 per. ticket
- 'Summer Dinner Dance' on June 18th £35 per. ticket

All organised by the expedition team and friends. Email us or look on the website for further info.

More complications of spinal cord injury

Spinal cord injury patients suffer from sudden involuntary muscle reflexes, or spasms. They occur as the nerve pathway from the brain to the spinal cord that would usually tell the muscle not to spasm is damaged.



Spinal cord and the nerve fibres

In one sense it is a beneficial reaction by the body to

spasm to exercise inactive muscles and to prevent muscle wastage. They can also be used as an indicator of pain. However, they often come unexpectedly and are unsettling if severe.

A drug, Baclofen, is available to control the spasms and to improve the quality of life for those susceptible to them. In most cases the drug is taken orally, but in extreme cases a pump is inserted beneath the skin to deliver the drug directly into the spinal cord. This is applicable in Colin's case.

Without this pump to control the severe

involuntary muscle spasms Colin would not be able to drive.

The pump is refilled every three months so it will be one of the tasks for the medic on expedition. It is the only drug that Colin needs on a daily basis.

Another way of controlling spasm is through physio; daily stretching and standing. This helps to improve blood flow and maintain flexibility and strength.

One day it is hoped that the legs will be used again so it is vital that their function is maintained.

Churchill Trust backs African adventure



Colin hits the headlines....

And not for the first time. The Hereford Times are closely following the progress and ambition of Driving Home. An article is also due shortly in the Surrey Advertiser.

Colin aims to win with Winnie

BULLDOG spirit has boosted a brave man's bid to raise a spinally injured man's eye...
Colin Javens is off to Africa backed by the Churchill Memorial Trust...
The Churchill Memorial Trust...
By Bill Tanner



One of the friendly lions to welcome people

Fundraising Ball Success

We had a fantastic evening on the 18th March. At the Radisson Hotel, greeted by lions and African costumes the guests enjoyed champagne reception and a delicious three course meal and dancing.

The raffle tickets sold well, and the auction flew with the kind help of Freya Mitton from Sothebys and raised £5,500 out of the £17,500 total profit made.

On the other side of the City in Moorgate the guests at the Cranfield MBA Alumni dinner were entertained by Brian Moore and Squadron Leader John Peters, co-author of Tornado Down.

It raised a further £18,000 for the Trust, and also raised vital awareness of spinal injury

Thankyou to the sponsors, donors, supporters and organising committees for making them such a success.



Dinner is served

In Colin's words...

It is not easy to talk about your weaknesses as we all know but in order for Colin to 'raise global awareness of spinal injury' he needs to share with others the issues he faces on a daily basis.

Trust is so vital and why it provides hope for so many people in the same position as he is.

If you would like to hear Colin speak, or know of a group who would please contact us.

After gruelling speech training donated by Tony Suckling Colin spoke excellently at the Charity Balls, highlighting why the money raised for the

Colin has also been asked to speak at clubs and schools near his home in Hereford and will continue to do so both before and after the expedition. Last week he was at Burghill Retirement Home who kindly donated £200.

Colin's latest diary update is also now on the website.



Next month

- Driving seat technology
- Mechanical training
- More event updates
- Vehicle news