

# 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

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## Request for help

Would you, or do you know anyone who would be able to audit our accounts for free??

Our first year of operation ends in June so we are looking to get the accounts audited; this would be a fantastic donation.

## Mobility Show

The Driving Home stand helped to raise awareness at Gowrings Mobility Show and attracted excellent support.

'I am pleased to offer my support to Colin ... (he) has shown enormous determination .... and great mental strength following his accident 4 years ago. ... I know that his attitude and the support of his team will be invaluable in the coming months.'

*Dame Tanni Grey Thompson DBE*



Colin meets Tanni at Gowrings

An enormous thankyou to Ndume Ltd. and Let's Go Travel for their sponsorship of the sports weekend at Gilgil Country Club, Kenya. They raised approx. £2,375. Amazing!

## Next month

- Colin's vehicle gets adapted
- Sponsors listed
- Training starts
- Land Rover Show, Billings

## 'From my bed to the front door'

Gone are the luxury days for people with spinal injuries of waking up, having a quick shower, throwing some clothes on, grabbing a piece of toast and rushing out of the front door in 15 minutes.

Such a simple process no longer exists. Colin needs to wake 2 hours before he leaves the house, and his routine can't be rushed. Woken at a pre-arranged time by his personal assistant, Colin is assisted to transfer between his bed, into his shower chair and into the shower. This takes 15 minutes already. Showering and dressing takes a further

50 minutes with help needed for everything including putting on his shirt and socks. Colin is assisted back to his bed and into his wheelchair. 1 hour 15 minutes later and he is ready to leave his room.



Gone are the luxury days of a quick shower

Colin's personal assistant may change weekly so Colin continually needs to talk them through the tasks until they settle into his routine.

Some advantages noted by Colin mean that he can escape helping out in the kitchen! Food is all prepared for him.

But the drawback is the lack of spontaneity. "I have to plan ahead for everything and my day begins before everyone else's. Meetings have to be moved back in the day as a result."

The routines must be maintained throughout the expedition to ensure Colin's health, and these only add to the challenge that lies ahead for the team in Africa.

## What can you do to help...?

We would like you to help us raise as much money as possible for the Colin Javens Spinal Injury Trust. Here are a couple of ideas of how:

Why not complete the Jersey Half Marathon on Sunday 20th November 2005 in aid of the Trust? You will be joining a team with myself, Ashburton colleagues and Dr. Tom Meagher for a fun weekend. We will help with training and

fitness advice along the way.

Why not organise your own fundraiser, and get your company to match it as Charlie did with his snail racing or Keith and Sue in Moreton did with their successful murder mystery? Plenty of ideas are now available on our website in our fundraising handbook.

If you would prefer then please simply make a

donation through our smart-give website—<http://www.smartgive.com/showpage.php?url=4by4>

Colin is undertaking a huge challenge—he deserves your support.



Please join the Driving Home team on Nov 20th

## The medic role is filled and we have 2 vehicles

Welcome to Chris Parsons who has accepted the role of the doctor in the Expedition team. Thankyou to everyone who passed on the advert for us.



The role has now been split so we are still looking for a personal assistant to Colin. Please see the website for further details.

Excellent progress has been made with the vehicles. The Discovery is out of the workshop and now on the road.



The Discovery

We are working hard to get Colin's adaptations in place in the next month.

The second vehicle, a 110 Defender has been bought and is in Keith Gott's garage for an overhaul.



The Defender

See more photos and regular updates on the website