

# DRIVING HOME

A Project in aid of The Colin Javens Spinal Injury Trust



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 1

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Colin Javens:

Expedition Leader

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## Partners and Patrons

We are very fortunate to have the sponsoring partnership and advice of Cranfield University, The Ashbuton Group in Jersey and Stoke Mandeville Hospital, as well as The Julia and Derek Breed Foundation which has been the driving force behind the initiative.

We are delighted that Anatole Kaletsky (Economics Editor of The Times) and Morne du Plessis (ex-Springbok rugby captain) have agreed to be patrons to The Colin Javens Spinal Injuries Trust.

## Next month

- Why the expedition must depart in November.
- Introducing the team.
- Where the money raised is going.
- The launch of the website and how you can donate online.

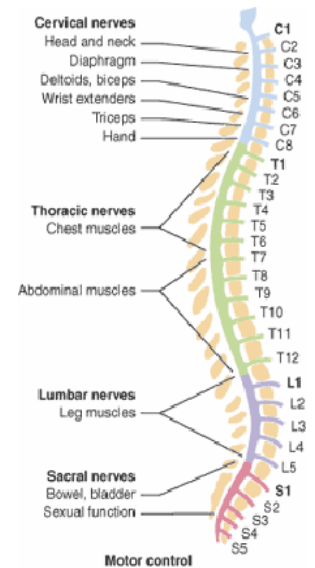
## Understanding Spinal Cord Injury.

40,000 people in the UK are paralysed and reliant on a wheelchair. Some are tetraplegic (also known as quadriplegic) and suffer from paralysis of all four limbs. Others are paraplegic (paralysis of two limbs).

The severity of paralysis in an individual depends solely on which part of the spinal cord is damaged, as illustrated by the diagram. A person can also have a 'complete' or 'partial' injury, depending on the severity of the break. A 'complete' break means that all nerves are shut off, removing all feeling

for the person from below the break.

Colin was 20 years old when he had his accident in the summer of 2000. His injury is described as C5/6 complete, which means that he has lost all feeling, and most of his strength, beneath his shoulders by the C6 vertebrae. He is unable to stand or walk, and relies on a wheelchair for mobility. Colin has the use of his biceps, but not his triceps, providing limited arm movement, and he has rotation in one wrist. It is this small detail that enables Colin to drive.



## Fundraising Events

The next two years will see a flurry of activity in order to raise fund for The Colin Javens Spinal Injury Trust.

Events already in the pipeline include a Gala Charity Dinner, held in central London next May,

*If you have fun ideas for fundraising events please contact caroline@drivinghome.co.uk*

and a corporate 4X4 challenge at Hereford race course on 21st March.

If you have a competitive streak and would like to get you and your company involved then please get in touch!

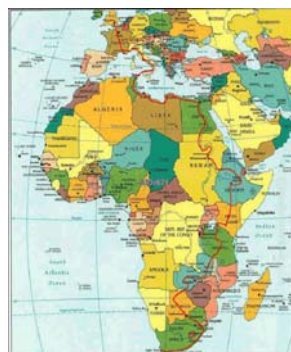
## Obituary

We were saddened by the death of Christopher Reeve on October 10th, almost ten years after he was paralysed in a horse riding accident. He worked tirelessly to find a cure for paralysis, highlighting advances in spinal research and providing hope for the future for many people living with spinal cord injury.

## Expedition Planning Update

Following advice from the Foreign Office, individuals and overland companies, the expedition is set to leave the UK in November 2005 and is able to follow its first choice route as detailed on the map.

The next step is to confirm all of the kit requirements, including the specialist equipment Colin needs to make the challenge possible.



The first choice route through Africa

This will include adaptations to a 4x4 vehicle, testing an off-road wheelchair, and fitting out Colin's vehicle with a retractable bed and hydraulic seats.

Another priority for the team is the recruitment and training of a medic to accompany the expedition, as well as planning their own training needs.