

...because life needn't stop when you're paralysed.



Every Donation makes a big difference!

I want to give more spinal cord injured people the chance to live full and independent lives.

With your help, we can provide the right support to spinal cord injured individuals and their families so they can still enjoy a full and independent life after injury. Your donation today will go towards changing someone's life.

I would like to give: £15 £20 £35 other amount £

Method of Payment

- I enclose a cheque/postal order/CAF voucher made payable to Spinal Injuries Association.
- I would like to pay by Mastercard/Visa/Maestro/Switch (delete as appropriate)

Card Number

Start Date

Expiry Date

Security Code

(Last 3 digits on signature strip)

Signature

Date

Name

Address

Postcode Tel No

Email Address

giftaid it If you a UK taxpayer, please tick the box so we can claim 25p from every pound you give at NO extra cost to you. You must be paying an amount of income tax and/or capital gains tax at least equal to the amount we reclaim.

- Yes, I want Spinal Injuries Association to treat all donations I have made over the last six years, and all future donations as Gift Aid until I notify you otherwise.
- I do not require a personal acknowledgement of my donation.
- I do not wish to receive future mailings

Please send your donation to : Spinal Injuries Association, FREEPOST RLUY-AUEU-LEXX, SIA House, 2 Trueman Place, Oldbrook, Milton Keynes or you can donate online www.spinal.co.uk

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Every year in the UK over 1000 people experience a spinal cord injury. And there are an estimated 40,000 spinal cord injured people in the UK alone.

Most spinal cord injuries result in paralysis, and the impact of an injury can turn lives upside down. Spinal cord injured people and their families are faced with the challenge of coming to terms with their injury. And rebuilding their lives with a disability.

At the Spinal Injuries Association, we:

- Support spinal cord injured individuals and their families from the moment their injury occurs for the rest of their lives.
- Provide services and publications that enable and encourage paralysed people to lead independent lives;
- Campaign for improved medical and social care for spinal cord injury; and
- Work to create awareness of the causes and consequences of injuries.

Every little helps

£25 provides help for a caller to our Freephone Advice Line.

£50 funds one session with our Family Counselling Officer

£100 pays for a twice—weekly chatroom on our website for a month.

£250 supports our website and chatrooms for a week

£1000 funds research, production, and distribution of six information factsheets.

£2500 runs the Freephone Advice line for one week.

£5000 funds a new information booklet for spinal cord injured people.