**Dear X**

**RE: Spinal Injuries Association (SIA) Fish and Chip Suppers**

I’m writing to ask you to consider supporting the SIA Fish and Chip Supper fundraising campaign for World Spinal Cord Injury Day on 5 September. [edit to include a bit about why you want them to support SIA and why it is important to you]

Logo

Description automatically generatedConceived on the back of the experiences of SIA staff and their time spent rehabilitating in Stoke Mandeville Spinal Unit (and their many outings to the local pub for a Friday dinner treat!) Fish and Chip Suppers have been running for over 10 years.

The aim is simple, to get people to enjoy eating fish and chips to raise awareness and funds for SIA – what could be better. It is an easy, fun and accessible way to make a difference and you don’t need to be able to run a marathon or be willing to jump out of a plane to fundraise - just willing to pick up a chip fork!

**What is Spinal Cord Injury?**

Imagine being told that you will never walk again…every four hours someone in the UK receives this devastating news. Spinal cord injury (SCI) could happen to any of us, at any time, as a result of an accident or illness. Paralysis limits mobility, affects bowel, bladder and sexual function and for high level injuries can result in ventilator dependency. Without the right support, spinal cord injured people are vulnerable to social isolation and depression, as well as life-threatening risks to their health caused by inappropriate or inadequate care.

**Who are the Spinal Injuries Association (SIA)?**

The Spinal Injuries Association is the leading national charity that exists to help people with spinal cord injuries on their unique journey towards leading an independent and fulfilled life, advising and supporting them and their families and educating, advocating and campaigning on their behalf. For almost 50 years they have been the only source of information and advice for many SCI people. Through their Support Networkthey provide crucial peer support, clinical advocacy and advice, connecting the 50,000 plus people living with SCI in the UK with the experts they need. These experts help SCI people adapt to life with a permanent disability and overcome social, clinical, psychological and economic barriers to a fulfilled life.

**Life after Injury - Martin’s Story**

Martin Hibbert was tragically caught up in the events of the 2017 Manchester Arena Bombing, with his daughter Eve and himself being the closest people to the bomber to survive.

Amongst 22 shrapnel injuries, Martin sustained a T-10 complete spinal injury, leaving him paralysed from the waist down. The fantastic care that Martin received in hospital, and the support from SIA’s Support Network Officer, Gary, and our Nurse Specialist, Carol has been crucial in Martin’s recovery helping him to live a fulfilled life again.

“***If I hadn’t come across SIA and Gary in those early days, I don’t know what I would have done. But I definitely know that I wouldn’t have achieved everything I have done since I met him***.”

Martin has since gone on to become a trustee for the Spinal Injuries Association, helping us to fight for quality and equality of life for every spinal cord injured person. He is currently embarked on a gruelling training tour in preparation for climbing Kilimanjaro next year using a specially adapted hand bike! More details at <https://martinsmountain.org.uk/>

**How can you help?**

1. Display Fish and Chip Suppers posters and share information about the campaign in your shop and online.
2. Ask your customers if they want to donate. You could have a collection tin or could you add a donation option at the till or on your online ordering system.
3. Have an SIA special on your menu with a percentage coming to SIA for every sale.
4. Host your own Fish and Chip Supper

SIA will list all participating businesses on our website, publicly thank you on social media and be happy to help with any local PR and marketing.

If you would like to help in any of the ways above or have your own ideas about how you can help raise vital funds for SIA, please get in touch with Alison on [a.hayward@spinal.co.uk](mailto:a.hayward@spinal.co.uk) or call 01908 732160.

Many thanks in advance for your support.

YOUR NAME

YOUR CONTACT DETAILS