



## Leave your chair behind this summer

### *Try water skiing or abseiling*

Why not swap your chair for a canoe in the Lake District or handcycle along the North Devon coast this summer. All this and much much more is possible on our activity courses starting in May. Call Sean at Back-Up on 020 8875 1805 or check our [course calender](#) online.

## England's chance to win something in sport

### *London Wheelchair Rugby Club defends Europa Cup in May*

On May 11th-13th Stoke Mandeville Stadium will stage the 2007 Wheelchair Rugby Europa Cup and play host to teams from across Europe. The London Wheelchair Rugby club hopes to fend off the Wolverhampton Rhinos and the 6 other European teams for a 4th year running. [Find out more.](#)

## Volunteers needed to bring Back-Up to events

### *Fun and worthwhile opportunities coming up this year*

We have a range of [volunteer opportunities](#) to suit everyone in the coming months- anything from attending the Metro Ski and Snowboard Show to helping out at the legendary Back-Up Ramble.

## For those who've ever had trouble with the NHS

### *Sign up to end post-code lottery care*

People with a high level spinal injury could be entitled to free continued care under the NHS, yet thanks to the individual discretion of Primary Care Trusts they are often denied their legal right. [Sign the petition](#) today.

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Charity No. 1072216

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*Enabling people with spinal cord injury to surpass their aspirations*

