



Be an inspiration

Back-Up is looking for SCI mentor volunteers

If you think you could use your life experiences to inspire other chair users we want to hear from you. We are currently recruiting and training volunteers with SCI to [mentor](#) over the telephone or face to face. If you're interested in finding out more please contact [Eric](#) in the office on 020 8875 6728.

Vote for Back-Up

Deutsche Bank Charity of the Year final round

[The Back-Up Trust](#) is in the final round to be one of three Charities of the Year for Deutsche Bank in 2008 and now its down to a staff vote. If you or anyone you know works for Deutsche Bank please ask them to [vote online](#) for The Back-Up Trust and make 2008 a record breaking year for Back-Up.

Intermediate ski week

Think you can ski – then don't stop now

Former Back-Up ski group leaders are offering an intermediate adaptive ski week in [Avoriaz](#) from 8th - 15th March 2008. If you are paraplegic, have skied with Back-Up before and were wondering what to do next then this is your chance to improve your technique and have a lot of fun. Your friends and family are welcome too. Contact [Steven Lightfoot](#) on 07764 784240.

BBC cleans up

Your household clutter can raise money for Back-Up

Production company [Reef TV](#) are looking for families and couples to take part in a house clear up show with a difference - you can split the proceeds of your clutter with the charity of your choice. Contact [Sophie Galt](#) on 020 7836 8595 for more information.

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Enabling people with spinal cord injury to surpass their aspirations

