

Calendar of events 2009



The Back-Up Trust



Dear Supporter,

The Back-Up Trust is a small, dynamic national charity that runs a range of services for people who have sustained a spinal cord injury.

Through our wheelchair skills sessions, mentoring and courses, which range from skiing and sailing to drama and work skills, we aim to challenge an individual's perception of their disability, building self-confidence and motivation and concentrating on what they can do and not what they can't.

This is what one participant had to say when he returned from his first Back-Up course, "I can't actually think of a time when I have been so contented and happy with my life. I met people on that course who have already made a huge difference to my life."

Thanks to advances in medical research, the number of people with a spinal cord injury who are living longer, healthier lives is increasing. This means that the community in which Back-Up supports is growing every year, which is creating an increased demand on raising funds so that more individuals can experience one of Back-Up's services.

This is your chance to help make a difference and support Back-Up in 2009. We have a varied events programme to suit everyone. You can come along to one of our Balls or Dinners or perhaps you would like to enter into the true spirit of Back-Up by challenging yourself and achieving a new goal? In which case you could take part in The Snowdon Push, do a skydive or run a half marathon.

If any of the events listed appeal to you, please do contact the fundraising team, we'd love to hear from you.

Wishing you all the best for 2009,



Helen Marsh
Back-Up's Events Fundraiser

tel: 020 8875 1805 | email: helen@backuptrust.org.uk



March 2009

The Scottish Dinner

Friday 20th March
Sheraton Grand Hotel & Spa,
Edinburgh
Drinks reception: 7.00pm

The Sheraton Hotel is renowned for its luxury and elegance. Guests will be treated to a drinks reception, followed by a delicious three course dinner with accompanying wines in the magnificent Edinburgh Suite. Tam Cowan, one of Scotland's favourite television and radio presenters is our entertaining guest speaker and there will be the chance to bid for some fantastic auction prizes.



April 2009

The Flora London Marathon

Sunday 13th April, London

Take part in one of the world's most famous running events whilst raising money for Back-Up. We have a limited number of Golden Bond places every year, so please contact us for information.

May 2009

City Dinner

Thursday 7th May

Merchant Taylors Hall, London EC2R 8JB

Drinks reception: 6.30pm

Join us for an evening of grandeur at our exclusive City Dinner event. Guests will enjoy a drinks reception in the exquisite hidden courtyard and be treated to a lavish three course dinner with fine wine. Our guest speaker for the evening is the inspiring and entertaining Sophie Morgan, who was runner-up on BBC Three's Missing Top Model programme.

There will also be the opportunity to bid on some fantastic money-can't-buy experiences in our auction.



For details on any of the events listed, please call 020 8875 1805 or visit our website www.backuptrust.org.uk

June 2009

Skydiving

Saturday 13th June, Hinton Airfield, Oxon

Are you an adrenalin junkie who is willing to jump 12,000ft out of an aeroplane to raise a minimum of £400 for The Back-Up Trust? Whether you're able bodied or spinally injured you can skydive this summer but hurry, places book up fast! Please contact us for more information.

Grand Prize Draw

Friday 26th June

For just £1 per ticket, you could be in with a chance of winning:

- A Mark Warner holiday for two people
- A Sat Nav system
- Case of fine wines

Contact us if you want more tickets to sell onto friends and family.



July 2009

The Snowdon Push

Friday 3rd to
Sunday 5th July,
Snowdonia, Wales

This is the ultimate challenge! Teams of 10 or more, including one wheelchair user, walk, climb, push, pull and wheel to the summit of Mount Snowdon – the highest mountain in England and Wales. Once at the top, take in the magnificent views and then get back down again! This totally unique challenge event is hugely satisfying, immense fun and an amazing achievement for all who take part. At the end of a long day, participants can enjoy food and entertainment at the Post Push party, followed by a night of camping.

Contact us today to register your 2009 Push team and don't worry if you can't make up the numbers for a full team, we will happily place you in a team.



British 10k London Run

Sunday 12th July, London

Support Back-Up as you run through the very heart of historic London. Starting at Hyde Park Corner, the route takes you past many of London's world renowned landmarks and much of the course is the same as the route for the 2012 London Olympic Marathon. The race is open to all able bodied people of all abilities.



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September 2009

Great North Run

**Sunday 20th September,
Newcastle**

Take part in the world's biggest half marathon!

The accessible 13.1 mile route begins in the centre of Newcastle, finishes in South Shields and is open to participants of all abilities. 52,000 people took part in 2008 so call us today to obtain one of our guaranteed places.

October 2009

The Back-Up Ball

**Saturday 17th October
The Hilton Metropole,
Birmingham**

'On October 17th, 1931, Alphonse Capone was sentenced to 11 years and \$50,000 in fines...'
This year, don your best flapper dress or gangster suit for our 'Gangsters & Molls' Ball.

Starting with a drinks reception, guests are then treated to a three course dinner, followed by live music and DJ. With lots of prizes to be won, it's the perfect opportunity to meet up with friends old and new.





The Back-Up Trust

The Back-Up Trust is a Registered
Charity No. 1072216

Charitable Company No. 3596996
Registered in England & Wales

Registered Address:
The Back-Up Trust
Jessica House, Red Lion Square
191 Wandsworth High Street
London SW18 4LS

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