



Winter is here

The goose is getting fat

If you are a nurse or carer and fancy trying skiing or drama then [get in touch](#) - we have the [perfect opportunities](#) lined up for you. Unfortunately for spinally injured participants our courses are full but call us to chat. There is a reserve list for all our courses so its never too late to [let us know](#) if you want to try skiing or scuba.

The Greatest Marathon of them all

Back-Up places at the Flora London Marthon up for grabs

The official ballot for places in the [Flora London Marathon](#) 13th April 2008 has now closed but Back-Up has 6 places and we'd love you to run. If you've got the spirit to take on this Olympian feat for Back-Up then complete the [application](#) today and [return it to us](#) by 10th December 2007.

Hello there sailor

Message in a bottle for marooned female sailors

There is a competitive sailing opportunity for a female paraplegic to sail as part of a two person crew with a view to competing in the 2012 Paralympics. Sailing experience preferable but not required. Contact [Dave](#) to find out more.

It could be you

Thank you lottery gamblers

Thanks to the National Lottery Awards for All scheme Back-Up has been awarded a [grant](#) of £9,600 to pay for an accessible toilet, volunteer computers, desks and a projector to complete our office refurbishment. If you live in London and would like to [volunteer](#) in the office then [get in touch](#).

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Enabling people with spinal cord injury to surpass their aspirations

