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Get Motivated

Fantastic career and education opportunities available now

[Motivation](#) is currently recruiting for a spinally injured [peer trainer post](#) in Sri Lanka. If developing countries aren't for you, why not [sign up](#) for our new Back-Up work skills course closer to home in London? Or if you're considering going back to education check out [Aim Higher](#).

Nurses - Swap the ward for a Back-Up Course

"I had such a good time being away from the spinal centre and doing things that I never thought I would do."

Time is running out for you to register on one of our courses this summer - don't let this chance pass you by. Call Sam at the office on 020 8875 1805 or click [here](#) for more information.

The rain can't last forever

Fun fundraising weekends for Back-Up coming up soon

Rene Muccio (L1 incomplete) walked The Ramble course last week and would heartily recommend it. [Email Rene](#) for his advice on getting the best from this event. If you can't make The Ramble what about [The Bicester and Finmere Horse Show](#) on 3rd & 4th August - [volunteers needed](#) to help make the weekend a huge success.

Stop Press

By chance our three raffle winners are para, tetra and able bodied

Congratulations to Kate Houldsworthy, Sonia Corfe and Elaine Hammond who have won a Mark Warner holiday, a case of wine and an off piste ski performance bag. This year's raffle raised £3689 for Back-Up. A huge thank you to everyone who bought and sold tickets.

You are receiving this email to update you on Back-Up news. If you would like to unsubscribe please follow the link below;

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Our mailing address is:
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Enabling people with spinal cord injury to surpass their aspirations

