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## Today is Spinal Injury Awareness Day

*Give £5 today to change someone's life*

Today 3 people will suffer a spinal injury that will change their lives forever.

Today you have the chance to raise awareness about spinal injury.

Today you and your friends, family, workmates and clients have the chance to change 3 peoples lives for the better for as little as £5. Here's [how](#).

## Calling all nurses

*Do something different this summer*

Join The Back-Up Trust on one of their multi-activity weeks this summer and be part of a team that make a difference in the lives of people with spinal cord injury. Call Liz/Sam at Back-Up on 0208 875 1805 or check our [course calendar](#) online.

## BUPA Great North Run

*Sunday 30th September 2007 Newcastle*

Open to wheelchair users and runners alike the worlds largest [half marathon](#) is an exhilarating way to raise money for Back-Up. Contact [Maureen](#) now.

## Stewarts Solicitors secure a landmark compensation claim

*High value settlement for man who fell asleep at the wheel*

A recent settlement for a man who sustained a serious spinal injury after falling asleep whilst driving has sent out a warning message to all employers. Find out more [here](#).

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

