

A Tribute to Ian Gardener

by David Constantine, Co-Founder/Executive Officer

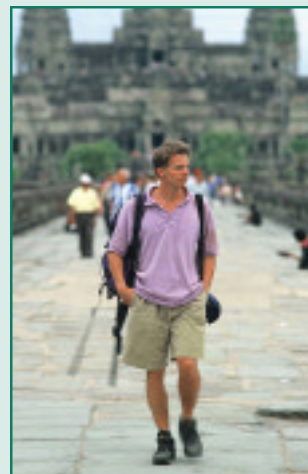
In April I heard the tragic news that a good friend and dedicated supporter of Motivation had been killed in a skiing accident.

Ian Gardener was a successful lawyer for Vodafone, however he was better known to most as someone who was a listener, committed friend, adventurer and sportsman. His passion was geography and this led him to far corners of the world, discovering routes to places few others had been to. However he didn't just do these trips for his own benefit. Each expedition was meticulously planned and executed and raised substantial amounts of money for charity. Motivation was lucky enough to be Ian's favourite charity and he formed a close relationship with us.

His first venture for us was in 1999 when he cycled the length of the Mekong River with a friend, Justin Wateridge. Ian and Justin travelled 3000 miles from its mouth in Vietnam to the river's source high on the Tibetan plateau. More recently, in June 2004, Ian organised a trek in Bolivia from the Andean Altiplano to the Amazon basin along an ancient highway built by the little known Tiwanaku civilisation. He was accompanied on this occasion by Jeremy Trevis and John Benson.

On both trips he raised substantial funds and Motivation's profile by speaking at the Royal Geographical Society about his experiences. He also contributed well-received articles to *Geographical* magazine.

Ian was 36 and leaves behind a wife, Vivien, and two year old son, Tom.



Ian Gardener at Ankor Wat, 1999



Elly Bernard and Rachel Smith

Dear Friends and Supporters

Welcome to the summer edition of MotiFundraising, jointly prepared by the two of us. The reason we're writing this together is that after a busy and rewarding 18 months as Motivation's Donor Support Officer, Elly is moving to the Operations

team to become more involved with supporting our project work, to be replaced by Rachel Smith.

The Donor Support Officer role is the link between Motivation's work and you, our supporters. *Motif*, the website, events and the Christmas card campaign are all central activities of the Donor Support Officer and your involvement is always appreciated.

Elly would like to thank all of you so much for your help and good wishes – it's been wonderful receiving all your letters and calls and I'm always impressed by the generosity and support so many of you give to

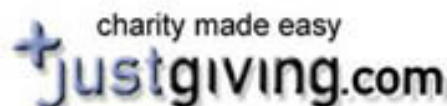
Motivation. I'd especially like to thank the people who have volunteered their time and skills to the Fundraising department. They stamp countless letters, pack numerous Christmas cards and generally make things happen. Everyone at Motivation values their contribution. No doubt they will help Rachel immeasurably too. Here's a few words from her:

I'm really looking forward to getting to know as many of you as possible and getting stuck into the challenges of this varied and busy role. I have been interested in Motivation's work for a long time now, as being a wheelchair user myself, I have a personal understanding of the issues involved. I'll hopefully soon have the opportunity to meet more of you face to face and on the phone. Do feel free to contact me on 01275 461946 or e-mail me at smith@motivation.org.uk at any point.

Best Wishes from us both

Elly Bernard *Rachel Smith*

Online fundraising



Last month, Motivation subscribed to a great new website called Justgiving.org. This website enables friends and family to make donations to your fundraising event online with a credit or debit card - so no more running around with paper sponsorship forms, or chasing cheques afterwards. This means that now all our runners

and event participants can raise money quickly and easily online with their own personalised webpages, keeping track of the money raised and displaying it on the website for you and others to view. All you have to do is e-mail the link to everyone and Justgiving will direct them to where they need to go to make a donation.

To create your own page, follow the steps below:

- Log on to www.justgiving.com and go to 'create your page'. Select your event from the four options and enter the date.
- Type in 'Motivation' and this will take you to our logo. Click on this and it will ask you to enter your e-mail address.

- Enter your details and accept the terms and conditions. This will take you into your fundraising page where you can fill in the boxes and tailor make the page to your liking. From this point, people can choose to donate straight away or enter a sponsorship amount now and have their cards debited after the event.

Celebrate Mobility

Imagine that instead of giving the usual socks, photo frames and novelty ties on special occasions, you were able to give a disabled person in Africa a wheelchair – the catalyst to an improved quality of life? Commemorating a birthday, graduation or engagement with a donation to the Africa Wheelchair Fund is a really meaningful gift and will ensure that people are not denied mobility because they are poor. £120 will buy a wheelchair, but any donation will help. And if you would like your family and friends to contribute to this fund in lieu of presents for you, please ask them to mark their cheques for the African Wheelchair Fund – and to let us know what you are celebrating! Thank you.



Africa Wheelchair Fund: Quality of Life

Running Bristol for Motivation –

Apart from being Motivation's UK base, Bristol is a beautiful city with features such as the Avon Gorge and the scenic historical harbourside attracting more visitors each year. The city's half marathon is an exciting event that takes in all the sights on its fast, flat course and is so popular it sold out in just ten weeks.

We have 25 brave runners busy training and gathering sponsorship in preparation for the event on Sunday October 2nd 2005. We wish them all the best of luck and will be there on the day shouting encouragement and rallying support for their efforts. If you are in the area please feel free to join us!



Motivation's Administrator, Nichola Coates proudly displays her Bristol Half-Marathon medal 2004.

Christmas Card Sale

Motivation's Christmas card campaign was a great success last year, but we do have some packs left over that you can now order at the bargain price of £2.50 (+ P&P). An order form is enclosed with this edition of Motif. Please note that if we run out of one design, we will replace your order with the next available style. All the money raised goes towards supporting our work with people with mobility disabilities. Thank you for your support!

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Contact Us
Brockley Academy
Brockley Lane, Backwell
Bristol BS48 4AQ
t 01275 464012
f 01275 464019
e info@motivation.org.uk
i www.motivation.org.uk

Co-Founders/Executive Officers
David Constantine, Richard Frost
Trustees/Directors Scott Glickman FRCS
Prue Bramwell-Davis MSDFRCFA
Steven Fogel LLB LLM ACIARB
Vivien Gardener ACA Nicholas Allott

Patrons The Earl of Snowdon GCVO RDI,
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