

# motifundraising

SUMMER 2007

## Get Motivated!

Since the last edition of Motifundraising, there has been an array of sponsored events that our supporters have taken part in to raise funds for Motivation. They have walked, run, and climbed their way to the finishing line, all to raise money so that we can continue to improve the quality of life of disabled people around the globe. Here you will read about their struggles, determination, and inspirations. A huge well done and thank you to all of you who have taken part in sponsored events for Motivation.

### Mount Kilimanjaro climb

In February, Dr Pam Lambert undertook the challenging feat of climbing the highest free-standing mountain in the world, Mount Kilimanjaro in Tanzania. Pam completed the 5,895 metre (19,340 feet) climb in six days and raised £6,469.48.

"I knew it would not be easy, but what better motivation than to raise money for Motivation, who help people who will never be able to do what I have just done to lead a more dignified and fulfilling life," says Pam. Pam was fortunate enough to visit one of Motivation's partner organisations, the Kilimanjaro Association for the Spinally Injured (KASI). "I visited KASI, one of the organisations in Tanzania that Motivation supports, and saw first-hand what the money goes towards. The climb was tough but with every metre I climbed I felt I was putting just a little bit more into someone else's life."

"I would thoroughly recommend this adventure. The trip is one I will remember for the rest of my life. Why not try it yourselves?!"



For more information about climbing Mount Kilimanjaro please contact Rosie on 01275 464012 or [events@motivation.org.uk](mailto:events@motivation.org.uk).

*Pam at the summit of Mount Kilimanjaro*



*Kirsty (pictured centre) with teachers from Charters School*

### Reading Half Marathon

Kirsty Tucker ran the Reading Half Marathon for Motivation in March. Kirsty is very familiar with our work as she volunteered for Motivation while she was at school.

"The experience at Motivation really encouraged me to pursue my interest in design and I am now a Design Technology teacher at Charters School near Ascot."

"The work that Motivation does is life changing. Not only do they help those without mobility, but they also provide jobs and support to build a positive future in the countries where they work, which is why I chose to support Motivation by running the Reading Half Marathon."

"All my family came to support me on the day, which was great. My time was 1 hour 49 minutes, which was faster than I expected. Now my aim is to run a full marathon for Motivation!" Congratulations to Kirsty on her great race time and for raising £140.

### Marathon des Sables

In March Angus Graham took part in the infamous Marathon des Sables. Participants have to run a total of 240 kilometres over six days through the Sahara desert. This is equivalent to five and a half marathons, carried out in the blistering Moroccan heat.

During the race Angus had to carry all that he would need for his time in the desert, including all of his food, cooking and survival equipment, over rocky ground and sand dunes in over 40°C heat.

Angus managed to raise an outstanding £8,853.44. Well done to Angus and his team on their phenomenal achievement.

## London Marathon

James Veysey was the lucky recipient of Motivation's first ever London Marathon place. You may remember that Motivation set up a bidding system, whereby the person who pledged to raise the most sponsorship money was awarded the place. James responded to our appeal by pledging to raise over £2,000. James not only reached his target, he exceeded it by raising a total of £2,218.95. James had some interesting fundraising ideas, including involving his friends and family in a 'save or shave' bidding contest, in which they bid on whether they wanted James to shave off all of his hair or to save it!

Lindsay Close also ran the London Marathon this year, choosing Motivation as her charity raising £675.55. Tom Brearley was also set to run the race but unfortunately had to pull out due to injury, but still managed to raise a worthy £55 in sponsorship money. Congratulations to all three runners on their outstanding achievements and for their hard work and commitment.

## Great River Race

The Great River Race is a 22 mile rowing course starting at Richmond in Surrey and finishing at Greenwich in London. All boats that take part are traditional and powered by either paddles or oars. Last year a team managed to raise £22,000 for Motivation. This year we are looking for a new team to take on the challenge in September. You don't have to have any rowing experience to take part, so if you are new or old to rowing and are interested in taking part, please contact Rosie.

## Flying High

Motivation supporter Charles McCann will be undertaking the immense challenge of flying a helicopter with his co-pilot Glenn Reindel, across the Atlantic Ocean. His journey will take him from the US, along the Canadian coast, onto Greenland and Iceland, and finally landing back in Stornoway in Scotland. Charles aims to raise £100,000 in sponsorship which will be split between four charities, one of which is Motivation. Good luck to Charles on his mammoth journey.

## Running fit for Motivation

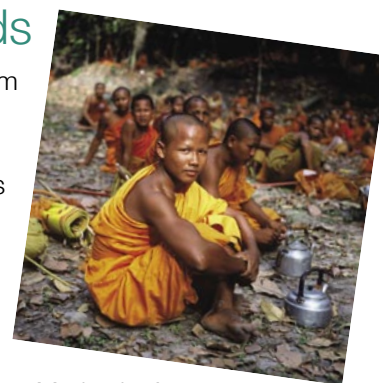
Motivation still has places in the Bristol Half Marathon, which takes place on 9th September. Entry into this race can now only be sought through a charity like Motivation, as all 'open' places have now sold out. Last year runners in the Bristol Half Marathon raised over £7,600 for Motivation's work. So if any of the stories above have inspired you to raise funds for Motivation, or perhaps you just want to get fit, please contact Rosie on 01275 464012 or email [events@motivation.org.uk](mailto:events@motivation.org.uk).

## Greetings cards

You may have noticed from the enclosed leaflet that Motivation has produced a range of greetings cards for the first time, which we will be selling all year round to raise funds for our work. These are based on photographs taken by David Constantine, Motivation's Co-Founder and Executive Officer, who is a semi-professional photographer (please visit [www.sittingimages.com](http://www.sittingimages.com) to view David's photographic work).

The images were taken in Bangladesh, Cambodia, India, Kenya and Sri Lanka; all countries in which Motivation has worked. The cards are blank inside and are therefore suitable for any occasion, and come in packs of ten. There is also a mixed pack available containing two cards of each design. To order, please complete and return the leaflet or call Motivation on 01275 464012.

Motivation's sale Christmas cards are also still available. Please call the office to request a leaflet or download it from our website at [www.motivation.org.uk](http://www.motivation.org.uk). All designs are currently available apart from design P, "Star of Bethlehem", and prices are £2.00 or £2.50 per pack of ten.



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Contact Us

Brockley Academy  
Brockley Lane, Backwell  
Bristol BS48 4AQ  
United Kingdom

t 01275 464012

f 01275 464019

e [info@motivation.org.uk](mailto:info@motivation.org.uk)

i [www.motivation.org.uk](http://www.motivation.org.uk)

Co-Founders/Executive Officers

David Constantine, Richard Frost

Trustees/Directors Scott Glickman FRCS

Prue Bramwell-Davis MSDC FRCA

Andrew Olver FCA, Steven Fogel LLB LLM ACIArb

Nicholas Allot

Patrons The Earl of Snowdon GCVO RDI

Tom Conti, Sir Jocelyn Stevens CVO

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