

# motifundraising

AUTUMN 2007

## Visit from Her Majesty the Queen

In July, Motivation was honoured to be invited to meet Her Majesty the Queen when she visited North Somerset for the first time in 30 years.

Motivation co-founder David Constantine, and staff members Lucy Tarallo and Samantha Rodda, represented Motivation at the Community Exhibition at the Winter Gardens in Weston-super-Mare. The exhibition was an opportunity for charitable organisations based in North Somerset to present information about their work to a range of representatives from across the region.

David was introduced to Her Majesty the Queen, answering questions that she had about Motivation. This was a proud day for Motivation staff, who felt privileged to be given the opportunity to present our work to Her Majesty the Queen.



*David answers questions from Her Majesty the Queen.*

## Motivated to Get the Story

Our next lecture will be held on Thursday 25th October at the Royal Geographical Society in London. Our guest speaker is the celebrated writer and broadcaster, Sandy Gall. Sandy was a broadcaster for Reuters and ITN for over 30 years and has a wealth of experience broadcasting from war-torn countries. Sandy filmed whilst on the run from the Russian Army in Afghanistan in 1982, filming reports and documentaries for ITN about the impact of the war in Afghanistan, and was nominated for two BAFTA awards. His experiences spurred him to launch a charity for war-wounded Afghans, Sandy Gall's Afghanistan Appeal (SGAA), in 1983. The charity provides prosthetic limbs, orthotic devices and physiotherapy to disabled people, and SGAA and Motivation have been collaborating since 1996 on local wheelchair production in Afghanistan. Tickets are £15 each and are likely to sell quickly, so if you would like to attend, please fill out the enclosed order form and return it to Motivation. Tickets can also be bought by calling 01275 464012 or emailing [events@motivation.org.uk](mailto:events@motivation.org.uk). Proceeds from the event will be equally split between SGAA and Motivation.



*Sandy Gall in Afghanistan.*

## Christmas Cards

Motivation's 2007 Christmas card collection is now on sale. The ever-popular cards are all original designs and exclusive to Motivation, and two have been designed by disabled artists who have directly benefited from Motivation's work. The cards are available to order by completing the leaflet enclosed, by visiting [www.christmas-cards.org.uk/motivation](http://www.christmas-cards.org.uk/motivation), or by calling the Motivation office on 01275 464012.



*Two designs from Motivation's 2007 Christmas card range.*

## Bristol Half Marathon

Motivation would like to say a huge thank you to the 18 runners who took part in the Bristol Half Marathon for Motivation on 9th September. Although the weather was warm, each of our runners completed the race which is the second largest half marathon in the UK. A great time was had by all, with runners meeting Motivation staff after the race for some post-race banter and a photo opportunity. So far over £3000 has been raised in sponsorship with more still coming in. Well done team!



*Motivation runners catching breath after the race.*

## British 10K London Run

In July five supporters of Motivation took part in the British 10K London Run, among 20,000 other runners. Well done to Alison Lyle and Ian and Lucy Marshall who jointly raised a total of £440.00 for Motivation. Ian completed the race in a fantastic 46 minutes, and Alison and Lucy completed it in 1 hour 14 minutes. Well done to Alison who was pregnant at the time of running, and to Lucy as it was the furthest she had ever run! Thank you also to Jean Munroe and Alice Braham, who also successfully completed the race.



*Joe taking a leap of faith.*

## London Triathlon

In August Colin Clark completed the London Triathlon to raise money for Motivation. The race includes a 750 metre swim, 20 kilometre cycle race, and a five kilometre run to the finish line. Colin set himself a target to raise £500, but far exceeded it



by raising £720. Colin enjoyed the event so much that he has signed up for the London Triathlon Olympic race next year, double the length of the event he took part in this year. Well done Colin!

*Colin after completing the London Triathlon at Excel Docks.*

## Atlantic Helicopter Challenge

You may remember that we reported in our last Motif that Motivation supporter, Charles McCann, was planning a helicopter flight across the Atlantic to raise funds for our work. I am delighted to report that Charles and his colleague, Glenn Reindel, successfully completed the dangerous and difficult journey from California to Scotland in less than three weeks, covering a total of 6,842 miles. Charles raised £80,000 which was split between four charities, including Motivation.



*Motivation's David Constantine collecting the cheque from Charles McCann with representatives from the other three charities.*

## Skydive

Running isn't for all of our supporters. Joe Sapak decided that jumping 15,000 feet out of an aeroplane would be a good way to raise funds for Motivation! On his first ever skydive, Joe raised £200.

Joe enjoyed the experience so much, that he has now decided to go on a one week course in Spain which will qualify him to do solo skydives in the UK.

**motif**

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