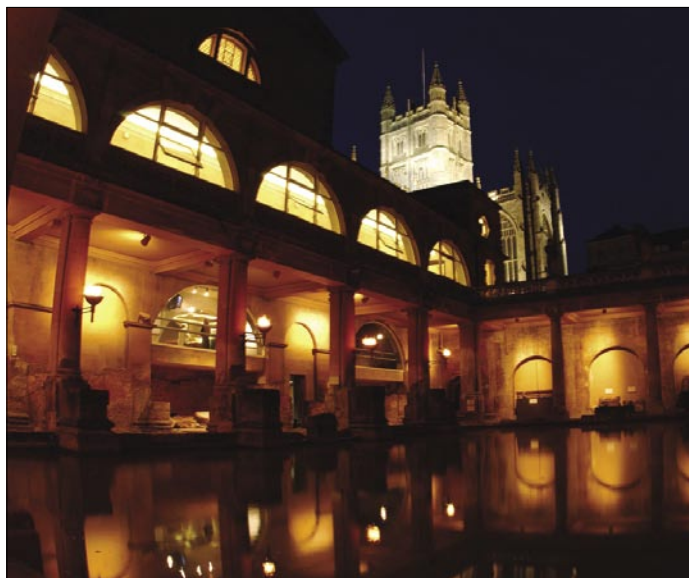


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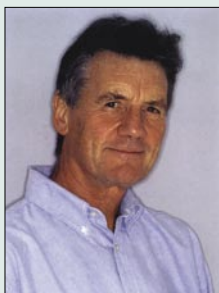
September 2008

Motivation Ball

Motivation is holding a fundraising ball on Saturday 11th October at the Pump Room in Bath. The theme of the ball is A Night at the Opera and the evening will include a champagne reception around the torch lit Roman Baths. This will be followed by a three course banquet during which guests will be entertained with operatic performances. Guests can also enjoy a casino, live band and disco and will have the opportunity to win some fantastic prizes. To find out more about the evening, and the prizes on offer, visit www.motivation.org.uk and click the link to the Motivation ball. Tickets are available from the Motivation office at £80 each.



Radio 4 Appeal Update



Motivation would like to thank everyone who tuned in to the BBC Radio 4 Appeal on Sunday 13th April. The appeal generated over £40,000 which will support Motivation's work in developing countries. Our sincere thanks go to Michael Palin, who presented the appeal on behalf of Motivation.

Leave something that will last



By remembering Motivation in your will, you can help to improve the quality of life of disabled people.

If you are considering leaving a gift to Motivation, but don't know where to start, contact our

Communications Officer Lucy Tarallo who would be happy to provide you with further information.

Leaving a gift to Motivation will transform lives long into the future.



Staff from Motivation's UK office were invited to join the team at Airkix for a day of flying.

Airkix

Motivation is delighted to have linked up with Airkix – home of indoor skydiving – to offer you the chance to raise money for Motivation whilst experiencing the thrill of freefall!

Imagine a wind tunnel that could be used for testing the aerodynamics of a F1 racing car, turn it upright, step into the airflow and you are skydiving!

Book the Motivation Kix-Start Package and you will receive a 10% discount. Airkix will then match that and give Motivation 10% of your booking fee.

Visit www.motivation.org.uk for more information.



Running with Motivation

Motivation would like to thank everyone who has taken part in a fundraising event in 2008.

This Spring Alex Boyle took part in the Bath Half, Sue Collis ran the Bristol 10K and across the pond Jon Cave-Ayland ran the Belfast City Marathon. In total they raised over £700.

In April Dominic and Fiona Light took part in the London Marathon. This brother and sister team supported each other during their training and on the day of the race itself. Between them they raised over £1,000 and Fiona can now apply to her employer for matched funding. Congratulations to all our runners!



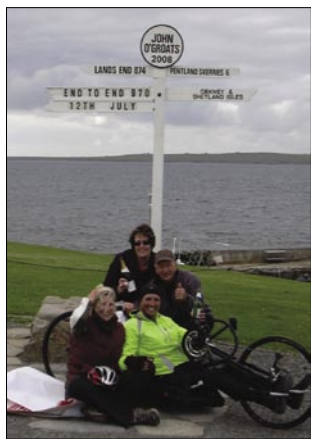
Dominic and Fiona Light take on the London Marathon.

100 Miles of Races

In 2008 Tricia Morris is taking part in a wealth of long-distance running events which will culminate in the New York Marathon. She is fundraising to sponsor a mechanic from Ethiopia to attend the Wheelchair Technologists Training Course in Tanzania. You can visit Tricia's fundraising page at www.justgiving.com/paris100newyork

One man and his bike

This year marks 10 years since Motivation supporter Steve Hodges sustained a spinal injury.



Steve wanted to mark the occasion by doing something special for Motivation...so he hand-cycled on a recumbent bike all the way from Land's End to John O'Groats! Steve was able to gain sponsorship from L&F Jones Food Services and so far he has raised a fantastic £1,838 for Motivation.

Sponsored challenges

Over the last few months Motivation supporters have taken on a range of challenges.

In the spring Phil McCarthy set off to walk all the way to Rome! In North Devon Ralph



Michael Arnold summits Mount Kilimanjaro.

Freeman seized his surf board and completed a stand-up paddle-board race. And in June Paul Toms took on the Dambuster Triathlon. Motivation received a combined total of £1,500 thanks to their individual efforts and determination. Thank you all.

In April Mike Arnold and three friends climbed to the summit of Mount Kilimanjaro in Tanzania. An incredible £1,934 was raised; a fantastic achievement for all participants.

If you would like to fundraise for Motivation contact Lucy Tarallo on 01275 461946 or fundraising@motivation.org.uk

Vodafone Group Legal Three Peaks Challenge

On Friday 13th June a team from Vodafone Group Legal, along with a few eager Motivation supporters, climbed the highest mountains in England, Wales and Scotland within 24 hours.

Dan Tozer from Vodafone Group Legal told us, "It was a tough challenge, but immensely rewarding. We raised £6,000 for Motivation and have been awarded matched funding by the Vodafone UK Foundation."



The Three Peaks team.

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Tom Conti, Sir Jocelyn Stevens CVO
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