

## Accessible family walk raises £20,000 for spinal cord injured people

Monday 28 September, 2015

On 20 September supporters of national charity the Spinal Injuries Association (SIA), took to the streets of London to raise funds to help spinal cord injured people to rebuild their lives.

The Going the Distance walk followed a four and eight miles accessible route around London's iconic bridges and attracted 160 participants in its first year, including a number of spinal cord injured people who took part in their wheelchairs, hand cycles and scooters, and their family members.

SIA's Chief Executive Officer Sue Browning was there on the day to set the participants off on their way and dish out medals as they completed the route. Sue said of the day,

*"Going the Distance was a terrific success, with everyone coming together with one cause in mind – ensuring everyone touched by spinal cord injury receives the support they need to rebuild their lives. SIA members, family and friends and walking enthusiasts all pitched up in the glorious sunshine to create a sea of red across London and bring in their sponsorship money, which amounted to over £20,000."*

Carol Barraclough, who took part in the event with her family said,

*"The weather couldn't have been better for what was a great day. It was a really well organised event and a lovely route. Top effort by all those involved and we hope to double our number of participants next year. Well done SIA!"*

Helping Hands who supported the event were also there on the day, with a team of staff participating and fundraising for the charity that offers support to the 40,000 spinal cord injured people in hospitals and homes, across the UK. Jo Wright from Helping Hands said.

*"It was a pleasure to be the first sponsors of the SIA's Going the Distance London Challenge. The day was a great coming-together of participants; from SIA, the Helping Hands team and the general public including two of our customers and their Live-in PAs to the event; both young men with spinal cord injuries."*

Following the success of the event, SIA have already scheduled in a repeat of Going the Distance in 2016 on 18 September in London, with a Northern run of the event also taking place in Liverpool. Anyone interested can register to take part from as little as £5 per person, at [www.spinal.co.uk](http://www.spinal.co.uk)

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