



THE NICHOLLS SPINAL
INJURY FOUNDATION

The Nicholls Spinal Injury Foundation
21-23 Ives Street
London
SW3 2ND

Tel: 020 7823 9988
Fax: 020 7823 8050

Email: info@nichollsfoundation.org.uk
Charity Number: 1107671

NSIF was founded in 2005 by David Nicholls following an accident in which his son, Daniel, was left paralysed from the chest down. Daniel had been standing in water between the safety flags on Bondi Beach, when he dived into a wave, hit an unseen sandbank and broke his neck.

There are over 2.5 million people worldwide living with paralysis caused by spinal cord injury. Around 130,000 people every year join them.

NSIF is committed to raising money in order to fund innovative medical research, that we all hope will lead to a repair and cure for spinal cord injury.



**The Windsor Great Park
Sponsored Walk
10 May 2009**

**Funding a cure for
spinal injury**

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Windsor Great Park

The Great Park is the only Royal Park managed by the Crown Estate Commissioners and extends over some 14,000 acres of which 8,000 acres are forest.

The public areas are predominantly woodland or open grassland, with a wide variety of trees, including beech, oak, sweet chestnut, birch and conifers.

Deer were kept here for many centuries but were taken away in 1940, during the Second World War when additional areas of land were ploughed for food production. In 1979, deer were reintroduced to the park at the suggestion of The Duke of Edinburgh, .



The beautiful Virginia Water, a large man-made lake covering 130 acres, dates back to 1753.

To the east of the Great Park is The Savill Garden, where the rhododendrons and azaleas are at their best in May. The lake reflects the glory of the colours.

The Walk

There are three walks to choose from, and lunch will be provided at the end:

6km - sets off at 10.15am

10km - sets off at 10am

16 km - sets off at 9.45am

All walks depart from the Blacknest Carpark



We are charging a registration fee to cover our costs (any left over will go to the charity):

Individuals—£10 ~oOo~ Family—£20

Please raise as much as you can for the charity through sponsorship.

Simply complete this registration form and send it to the address shown.

We are delighted to be joining the Aplastic Anaemia Trust on this walk.

The Windsor Great Park Walk Sunday 10th May 2009 Registration Form

Name _____

Address _____

Phone _____

£10 Individual Entry £20 Family Entry

Please give names and age:

1st: _____ Age: _____

2nd: _____ Age: _____

3rd: _____ Age: _____

4th: _____ Age: _____

No. of children requiring pedometer

Please choose one of the 3

6 km

10 km

16 km

Please send your completed registration form with a cheque made payable to 'The Nicholls Spinal Injury Foundation' to:

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