



**PRESS RELEASE: 26.04.10**

**TEST YOUR NERVE AT THE SSIT ABSEIL!**

*Spinal cord injury charity announces sponsored abseil at the Avon Gorge, Bristol: 12.09.10*

The magnificent cliffs of the Avon Gorge in Bristol are the setting for the Southern Spinal Injuries Trust Charity Abseil on Sunday 12 September 2010. The event which will raise money for the Duke of Cornwall Spinal Treatment Centre (DoCSTC) in Salisbury, and spinal cord injured people in the South and South West of England, will be the second abseil organised by the charity. Last year's abseil held at Lulworth Castle in Dorset, raised over £17,000.

The ultimate test of nerve, abseiling is both exhilarating and thrilling and the Avon Gorge is one of the best venues for the sport in the South West. With a descent of approximately 100ft from the top and stunning views down the Gorge, volunteers are guaranteed a truly rewarding experience.

The Southern Spinal Injuries Trust (SSIT) raises money to provide extra equipment, over and above that provided by the NHS, for the patients cared for at the Duke of Cornwall Spinal Treatment Centre (DoCSTC) at Salisbury District Hospital. The Trust also benefits people with spinal cord injuries living in the South and South West of England by funding essential equipment which helps them lead an independent life.

Since its formation in 2006, SSIT has provided £120,000 worth of equipment for the DoCSTC and £106,000 in grants for individuals to fund specialised equipment. In 2010, SSIT launched an appeal to fund the building of an accessible garden at the Spinal Centre. The Jubilee Garden will encourage rehabilitation and wellbeing through gardening as well as providing an important social area outside the hospital for patients and their families.

SSIT Trustee and former patient of the DoCSTC Annie Maw commented: "This is going to be a great event and I really hope that lots of people will sign up. With the launch of our £100,000 appeal to fund a rehabilitation garden at the Spinal Centre, and continued requests from individuals to fund specialised equipment, there is a real need to actively fundraise for SSIT in 2010."

The Royal Artillery Recruiting Team will be running the SSIT Abseil, so participants are guaranteed lots of fun and a truly rewarding experience. No previous experience is needed but the minimum age is 14 years. Registration for this event costs £15 and a minimum of £40 sponsorship is required. Full details including entry forms are available on the website ([www.ssit.org.uk](http://www.ssit.org.uk)).

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**More information on SSIT is available via the website ([www.ssit.org.uk](http://www.ssit.org.uk))**