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**GEOFF HOLT SET TO SUPPORT SOUTHERN SPINAL INJURIES TRUST
IN TALK OF HIS SOLO ATLANTIC VOYAGE**

Paralysed sailor talks of his recent Atlantic voyage and helps fundraise for the Spinal Centre that cared for him 25 years ago.

In January 2010 Geoff Holt became the first quadriplegic to sail the Atlantic single-handed. The 2,700 mile journey took him nearly a month to complete, across some of the most hostile waters in the world. His journey ended at the very beach where he last walked, 25 years ago. Geoff will be telling the story of this epic voyage at **The Nuffield Theatre, Southampton on Monday 24 May 2010 at 7.30pm.**

Organised by the Southern Spinal Injuries Trust (SSIT), and supported by Moore Blatch, this event will raise money to support the specialist spinal unit that cared for Geoff when a diving accident left him with a broken neck at the age of 18. Based in Salisbury, the Duke of Cornwall Spinal Treatment Centre is the only centre for spinal cord injuries in the South and South West of England. In addition to supporting the Spinal Centre, SSIT also funds equipment for individuals paralysed following spinal cord injury in the region.

Geoff Holt commented: "I spent a year in the Spinal Centre in Salisbury and the expert care provided by the staff there helped me rebuild my life and deal with the challenges ahead. It's great to be able to give something back to the Centre and to support SSIT in their fundraising work."

SSIT Trustee, Graham Waterton of Strutt & Parker commented: "Geoff's achievements are truly extraordinary and he is such an inspiration - this is going to be a fascinating evening."

A passionate, talented yachtsman, Geoff Holt has faced adversity, challenged limits and continues to inspire others to maintain a positive attitude no matter what the challenges ahead. Before embarking on this trip he commented: "It's not about being disabled. It's not about sailing the Atlantic Ocean. It's about demonstrating that disability need not be a barrier to achieving something positive in your life."

Told with humour, thoughtful insight and great images this talk will engage audiences and inspire others to raise their own aspirations.

Tickets to this event cost £15 and are available via **The Nuffield Theatre Box Office** on **023 8067 1771** (www.nuffieldtheatre.co.uk).

For further information please contact:

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Editor's Notes

The Southern Spinal Injuries Trust (SSIT) is a regional charity set up to support the Duke of Cornwall Spinal Treatment Centre (DOCSTC) at Salisbury District Hospital and people with a spinal cord injury living in the south and south west of England. It is estimated that there are over 1000 cases of spinal cord injury in the UK each year and approximately 100 of these are admitted to Salisbury.

SSIT has a simple goal: to positively impact on the health and quality of life of patients, assisting with the provision of equipment, enabling greater independence and participation in society again. The DOCSTC has approximately 2,500 patients who may apply to SSIT for financial help with anything from alterations to their home to the provision of equipment to exercise paralysed limbs, a simple ramp in a doorway or even an adequate wheelchair.

www.ssit.org.uk

Registered charity no: 1123166

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