

Aspire Channel Swim 2017



22 MILES. 12 WEEKS. YOUR POOL.

11TH SEPTEMBER - 4TH DECEMBER
Sign up to your challenge today
at aspirechannelswim.co.uk

Aspire

ZOGGS
The Fun Swim Co.

PRIZES FOR ASPIRE FUNDRAISERS



£25

Aspire Channel Swim 2017 medal
For everyone who raises over £25.



£150

Zoggs Goggles
An essential item for heading to the pool, these goggles offer wider vision with exceptional visibility and a quick adjust strap system.



£450

Backpack
A must-have for every swimmer. Designed specifically for swimmers with separate wet and dry storage compartments.



£1,000

Ultimate Aspire Swim Package
A fun pack bursting with the best accessories for our swimmers including Zoggs goggles, backpack and a highly coveted bespoke Aspire Channel Swim towel.

We are delighted to have Zoggs supporting the Aspire Channel Swim this year. Zoggs is the leading brand for swimwear and accessories. Zoggs encourages all swimmers, whether swimming for fitness or recreation to take part and, at the same time, raise much needed funds for those living with Spinal Cord Injury. The Aspire Channel Swim is truly an event for all swimmers, everywhere. Don't forget to visit zoggs.com for all your swimming essentials.

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Twitter: @AspChannelSwim Facebook: /AspireChannelSwim Instagram: /AspireChannelSwim

MEET ONE OF OUR TOP 2016 FUNDRAISERS!

Donald Lugg, 85, from Whitstable in Kent managed to raise a whopping £2,600 in last year's challenge, making him one of the top fundraisers in the 2016 Aspire Channel Swim!

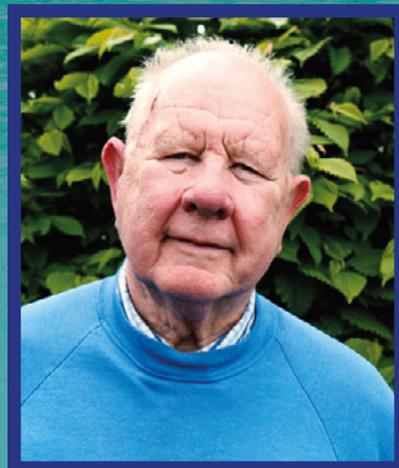
"2016 was my first year completing the Aspire Channel Swim. I saw an advert for the event in my local swimming pool and thought it was a great opportunity for me to do some exercise and raise money at the same time for a wonderful cause.

In 2008, I was diagnosed with two severe wedge fractures in my spine, which hugely affected my walking and confidence. A year later, my consultant suggested I begin water walking. Although I couldn't swim on my front, I began swimming on my back - 10 lengths every morning in the local 33 metre pool. Whilst in the changing rooms, I saw the advert for the Aspire Channel Swim and, after researching more about the charity, I decided it was the perfect way to help change the lives of those affected by other spinal cord injuries.

Overall, it took me around 44 days to fully complete. I started out doing 20 lengths a day and before I knew it, I was hitting 1/2 a mile each morning - it was very rewarding!

Luckily, I'm part of a large community and found this helped me greatly with my fundraising. I found that once I explained what Aspire do, people were really generous. After all, if it's for a worthy cause, why wouldn't you want to try and help?

I'm so proud to say, that at 85 years of age, I swam 22 miles in 44 days and that's pretty impressive if you ask me!"



If you use a stamp it could save us money

Freepost RTJB-EZAB-TCHZ
Aspire Channel Swim
Aspire Leisure Centre
Wood Lane
Stanmore
Middlesex HA7 4AP

Swim the distance of the English Channel in the comfort of your local pool. Swim as an individual, team, family, school or club and raise money for people with Spinal Cord Injury.

TAKE PART IN THIS EVENT BETWEEN 11TH SEPTEMBER AND 4TH DECEMBER 2017.

The English Channel in lengths:

POOL LENGTH	22 MILES	12 WEEKS
20m	1770 lengths	148 lengths p/week
25m	1416 lengths	118 lengths p/week
33m	1073 lengths	90 lengths p/week
50m	708 lengths	59 lengths p/week

Simply complete the attached form, tear it off and send it back to us via the freepost address or visit aspirechannelswim.co.uk to register online. Once you have registered, we will send you a welcome pack which includes a record card for you to record your lengths, an Aspire Channel Swim hat and sponsorship forms to help with your fundraising.

Then, all you have to do is:

- Get in touch with your local pool and discuss when would be the best time to swim your lengths.
- Don't forget to record how far you have swum on your record card or on your Aspire Channel Swim online profile.
- Get your swim cap on and start swimming, raising as much money as you can for Aspire.

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WHY SWIM FOR ASPIRE?

Aspire is a national charity providing practical help to people who have been paralysed by Spinal Cord Injury.

Did you know that every eight hours someone in the UK is paralysed by a spinal cord injury? Disability is expensive; lightweight wheelchairs cost on average £3,000. Every year, thousands of Aspire Channel Swimmers help buy lightweight wheelchairs through Aspire Grants, so that people can live more independent lives.

When you swim and fundraise for Aspire, you help us visit newly injured patients in hospital to offer support and advice, and point people to services such as Aspire Housing, which offers temporary accessible housing to wheelchair users.

Thanks to swimmers like you, we also train people, regardless of their level of injury, to use computers with the use of Assistive Technology. So when you're pounding out those lengths, you can be certain that your hard work is making a real difference!

Sign up to be part of something amazing – swim the Channel for Aspire and help a person paralysed by Spinal Cord Injury to be independent.

What your money could help buy:

£50 will pay for a set of adjustable furniture raisers to ensure that beds and chairs are set at the correct level for someone with a spinal injury.

£150 will pay for an Independent Living Advisor to spend a day in a Spinal Injury Centre offering one-to-one advice and support to newly injured patients.

£450 will buy SmartNav technology to allow someone with a high level injury to use the computer without the use of their hands.

£750 will buy a laptop and accessible bed table for someone in hospital so that they can stay in touch with friends and family.

£1,000 will provide a rise and fall sink or hob in one of our houses so that a wheelchair user can access them.

£3,000 will buy a made to measure lightweight wheelchair to give someone with a spinal injury the freedom of being able to travel without assistance.

REGISTRATION FORM

(Please tick)

Individual registration

Team registration

Mr/Mrs/Miss/Ms

Name

Other team member(s) name(s)

Address

City

County

Postcode

Tel/mobile

Email

Gender Male Female

D.O.B.

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Please wet the gummed strips, then fold and seal.

What's your fundraising target? £

What's your motivation for taking part in the Aspire Channel Swim?

- Keep fit/lose weight
 Take part in a new challenge
 Raise money for Aspire
 Fundraising prize
 I know someone with a spinal cord injury
 Other

How would you prefer to be contacted?

- Post
 Email

At which pool(s) will you do the Aspire Channel Swim?

How did you hear about the Aspire Channel Swim?

Once received all information supplied will be treated in the strictest of confidence and will only be used for analysis and marketing purposes for Aspire.

We may want to contact you in the future about Aspire's work and other fundraising activities. Please tick if you give permission to receive further correspondence from Aspire.

Please tick this box if you give permission for Aspire to share your information with our partner swimming pools. Your information will only be shared with the pool you are completing your Aspire Channel Swim at and will not be passed to any other third party organisations.

Aspire
Channel
Swim 2017

Association for Spinal Injury Research, Rehabilitation and Reintegration
Registered Charity Number 1075317 | Scottish Registered Charity Number SC037482
Registered Company Number 3744357

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