



**“Hold a Fish and Chip Supper to help spinal cord injured people live full and independent lives.”**

### **Great British Fish and Chip Supper – Friday 15<sup>th</sup> May 2009**

Want to do something different? Want to raise money where you live or work? Want to eat Fish and Chips, while raising money for charity? Hold a fish and chip supper on Friday 15<sup>th</sup> May 2009 whilst raising awareness of spinal cord injury and supporting SIA's information and support services.

You can hold a fish and chip supper in your own home, at work or hold a larger supper at your local community centre.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 7 friends and asking them to donate an additional £5.00 means you will raise at least £35.00 from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

In 2009 SIA will celebrate its 35<sup>th</sup> Anniversary and being that Friday 15<sup>th</sup> May 2009 is Spinal Cord Injury awareness day and what a better way to raise funds than eating Fish and Chips and raising money for SIA.

The money raised from the suppers will help the Spinal Injuries Association offer support to individuals who become paralysed and their families, from the moment a spinal injury occurs, and for the rest of their lives by providing services and publications which enable and encourage paralysed people to lead independent lives.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

Donor Development Officer, Elizabeth Wright, says, “The Fish and Chip Supper is a wonderful opportunity for a great evening with friends and family. We are also encouraging people who work to hold a Fish and Chip Lunch in their work places to raise even more funds. You may be even a local community group wanting to run a fun evening with your group.

2009 is the first year that SIA are running the suppers but we already envisage this to be one of our top fundraising initiatives in the SIA calendar over the coming years. Be a part of something special and make a real difference to help spinal cord injured people gain access to the information and support they need to enable them to live full and independent lives.”

For more information or request a fundraising pack call Elizabeth Wright on 0845 678 6633 xtn 229 or email [fishandchips@spinal.co.uk](mailto:fishandchips@spinal.co.uk) or visit [www.spinal.co.uk](http://www.spinal.co.uk)