

## Abseil Adventure

**In the last issue of *New Pathways* we showed Sylvia Brown and her Sheffield team abseiling down the side of a hotel to raise funds for the MSRC.**



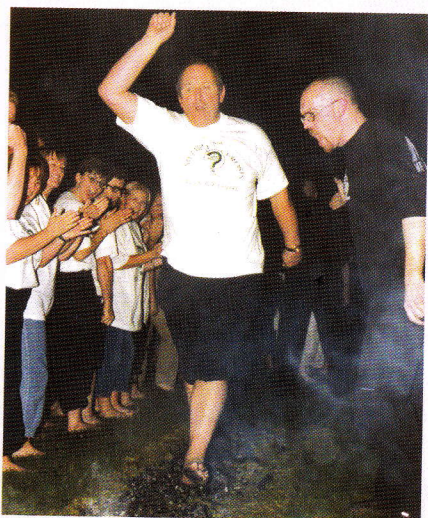
Due to popular demand we are now able to offer this adventure all around the country. Or, you could do a tandem parachute jump!

Ring us on 0800 783 0518 or 01206 505444 and we will find the nearest event to you. We'll also explain how the fundraising and publicity side of it works.

We provide the event, personalised sponsorship forms and posters, and encouragement.

All you have to provide is the COURAGE!! We are also happy to do events in which you raise money for your local therapy centre at the same time.

### Walking On Fire!



If you know anyone who would like to walk on fire for MSRC in the Colchester area on 1st December please ask them to get in touch. We can also organise this event around the country - if you can find someone to do the pre-event organising, and around 30 people willing to do it who can raise at least £250 each.

### Are you saving money on your phone calls?

Have you signed up for Project Oscar yet?

Project Oscar is happening!!

Please join the growing number of MSRC Supporters, their families and friends, who will be saving money on their telephone calls whilst raising money to support the work of MSRC.

If you want to know more go to [www.msrc.co.uk](http://www.msrc.co.uk) and follow the link on the front page, or go direct to [www.project-oscar.co.uk](http://www.project-oscar.co.uk).

### Hundreds and Thousands Club Up and Running

A very sincere thank you to all those people who have already responded to our Hundreds and Thousands Club appeal.

We have asked 1000 people to send in £100 now, and also to do the same every year from now on. We are also looking for 100 people or companies to send £1,000 now and do the same in the future.

If these amounts are not possible, any amount would be

appreciated. Already a number of you have sent smaller amounts that mean just as much. We are also aware that some of you are still working on your contributions and we are grateful for that.

Obviously we are trying many other avenues to ensure the MSRC has the funds to see us through this financially fraught time. Although at present funds start to run out in January, we are determined to keep on working so the crisis is averted.

All of you who help through this appeal, even by sending in extra donations with your New Pathways subscriptions, are all making a difference, which thousands of people around the world will appreciate.

We do not want this to be the last issue of a magazine that we know has brought so much to so many. Nor do we want it to be an end to our other services which are also being increasingly called on. However, the effects of 9/11 in New York on our fundraising efforts have been serious and there is only so much that the few of us here can do to resolve the situation.

Your support at this crucial time is special to all the staff here at MSRC. Anne, Jeanette, Judy, Helen, Wendy and myself, Lawrence, will continue to do all we can to provide the support and services that have reached out to so many more people over the last few years.

If you can help in any way through The Hundreds and Thousands Club or some other method we know you will.

We all look forward with hope to the New Year issue of the magazine and a brighter future. You and yours can be a real part of making that happen.

**Thank you. Thank you. Thank You.**  
**Lawrence Wood, MSRC Chief Executive**