

The nsif newsletter - Winter edition



Make 2016 a bumper year for research into SCI treatment!

At nsif we have a New Year's resolution: To raise the most amount of money in our history to put towards funding a cure for spinal cord injury. To get us there we're running a host of events this year - with something to suit everyone. But before we move onto 2016 we'd like to thank our supporters for making 2015 an incredible year. We rely on you for every pound we donate to research.

Together, all your donations add up and fund the research that is giving hope of recovery from spinal cord injury.



Guards Polo Day

Exclusive opportunity for all of our nsif supporters and their friends or colleagues to come and watch part of the Queens Cup polo tournament sponsored by Cartier. On the 26th May, the day promises wonderful food, wine and entertainment.

The event will take place on Thursday 26th of May.

[Buy your ticket now](#)



nsif Annual Celebrity Golf Day - 31st July + 1st August

A must in any golfer's calendar - enter this friendly but fierce competition to test your swing against rival teams. The Oxfordshire Golf Hotel is the setting with Gala Dinner provided by the Mandarin Oriental Hyde Park. Places always sell out so enter your team soon!

Enter a team [here](#)



Retief Goosen on nsif

nsif supporter and golf legend Retief Goosen wrote about his passion for nsif in the exclusive HK Golfer magazine in December. The advert about nsif's work ([page 11](#)) was kindly donated to us by the magazine as HK Golfer wanted to spread the word about nsif globally.

Huge thanks to the team at the magazine! [Read Retief's article here](#)



Nsif and Rooprai launch quiz night

nsif supporters will be pitting their wits against team Rooprai Spinal Trust in a charity quiz night in London this year (date TBC). nsif and RST are keen supporters of each other's work. But at quiz night the gloves will be coming off. If you'd like to join team nsif, get in touch so we can add you to the list. And if Marianne of RST shows anything like the determination to win that she does at her Prime Physio sessions, we're going to need your help... If you're interested get in touch at info@nsif.org.uk



Claire's busy 2016

Claire is continuing her incredible streak of fundraising events. Claire has already raised hundreds of thousands for a cure for SCI and shows no sign of stopping until that goal is realised.

This year her plans include:

Road to Recovery Charity Ride Out –

Saturday 14th May 2016

Road to Recovery half marathon and fun run –

Sunday 19th June 2016

Road to Recovery sportive –

Sunday 21st August 2016 (TBC)

[Find out how you can support](#)



The Vitality London 10,000

The Vitality London 10,000 race is on 30 May 2016 and we have 13 places for nsif supporters. nsif runners will receive branded t-shirts, wristbands and fundraising support to help them smash their targets. A perfect way to get fit and fundraise. [Click here](#) to reserve your place.

