

I/we would be pleased to support the David Azhar Appeal

Name:

First line of address:

City:

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Telephone:

Email Address:

Name of group/organisation (if applicable):

I/We would like to make a donation of: £

I/We will be fundraising in the following way:

I/We have fundraised in the following way:

I/We enclose the sum of: £

Thank you for supporting the Appeal!



PO Box No. 5084

G78 2YH

Email: davidazhar@davidazhar.com

www.davidazhar.com



"A new chapter has begun in my life and it is into the unknown.

There is a level of uncertainty and utmost optimism. The appeal will make what lies ahead for me that little bit easier.

Many challenges have been conquered so far but there are many more lying ahead."



The David Azhar Appeal

PO Box No. 5084

G78 2YH

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David

David was 16 years old when a horrific accident irrevocably changed his life. On the 3rd of November 2001 David suffered a C4 spinal injury - broken neck - while taking part in organised sport at Whitecraigs Rugby Club. This resulted in the loss of movement of David's limbs from his shoulders down. Following the accident, to maintain his recovery and rehabilitation at home, David requires round the clock care and special adaptations to his living environment. David lives in Barrhead, East Renfrewshire with his parents and brother Craig. He returned to Barrhead High School to complete his education and graduated from Strathclyde University with a Honours degree in Psychology.



Your Help

The Appeal has helped David buy equipment to maintain his rehabilitation. Below we have highlighted two of the items we've been able to purchase with donations made to the Appeal and hopefully give you a flavour of the positive impact they

have for David. The exercise bike that has been bought helps to keep a level of suppleness within David's muscles - it has now become one of the most important assets to his day-to-day routine.

A recent addition to the exercise regime is the tilting table. This piece of apparatus is used to stand David up. Spinal physios suggest that this process of 'standing' helps maximise calcium within the joints and maintains bone density. These devices assist David to counteract and limit muscle wastage and have proved invaluable.



Purpose & Aim

The David Azhar Appeal was established on 8th October 2002 with a clear purpose -to transform David's life. The Appeal works to ensure that he has the support to sustain his future and help him realise his full potential despite his disability.

Since the accident occurred, there has been an overwhelming response from friends, family, statutory agencies and the wider community. This has aided David immensely throughout the years.

The aim of the Appeal is to provide specific support - looking to raise money for essential equipment to maintain David's health but also to give David confidence by meeting new people. With ongoing support from the Appeal David will be able to continue his life and follow his ambitions.



Why Help?

By contributing to the David Azhar Appeal, you are contributing to David. Your funds, help or expertise will make a challenging life that little bit easier. We are continuing to make steady progress and boundaries that were first thought to be inconceivable are becoming probable. The David Azhar Appeal seeks your help in establishing networks of people who will raise funds or give help through sponsorship, donations or covenants.



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