

supporting us

I/We would like to support the David Azhar Appeal!

Name:

Address:

City:

Country:

Postcode:

Telephone:

Email Address:

Name of group /organisation
(if applicable):

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

I/We will be fundraising for the David
Azhar Appeal in the following way:

I/We have fundraised for the David
Azhar Appeal in the following way:

I/We enclose the sum of: £

Thank you for supporting the appeal!



The David Azhar Appeal
PO Box No. 5084

Contact us at: www.davidazharappeal.org
Email: davidazhar@davidazharappeal.org

*"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"*
David Azhar



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David

You don't expect this sort of thing to happen to you! David was 17 years old when a horrific accident changed his life. David lives in Barrhead, East Renfrewshire with his parents and brother Craig. He returned to Barrhead High School to complete his education and is presently studying Psychology at Strathclyde University.

It was the 3rd of November 2001, when 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 Davids' limbs from his shoulders down. To maintain recovery and rehabilitation at home, he requires round the clock care, and special adaptations at home.



Your Help

The Appeal has helped David buy equipment to maintain his rehab. To name a few, we purchased an exercise bike that tries 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. Another addition to the exercise regime is the tilting table. This piece of apparatus is used to stand him up. Spinal physios suggest that this process of "standing" aids in maximising calcium within the joints and maintains bone density. These devices assist David to counteract and limit muscle wastage where possible 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 and 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 David Azhar Appeal is to provide support in specific areas. By raising money, we can buy equipment to maintain his health, give David confidence by meeting new people and hopefully by providing ongoing support and raising funds, David will be able to continue his life and follow his ambitions.



www.davidazharappeal.org

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.

