

## LSCIC and the Welsh 3000s

On the 6<sup>th</sup> and 7<sup>th</sup> of October 2018, 7 intrepid members of the LSCIC PT team past and present, ably supported by 3 LSCIC staff members in the valley and experienced climbers on the mountain, attempted to reach the summit of the 14 peaks in Wales which exceed 3000 metres, “The Welsh 3000s”.

The physical and mental challenge was really tough. The team set off at the crack of dawn and returned after dark for two days of relentless climbing. Their tenacity, courage, indomitable spirit and support of one another was quite something to behold. In our centre you don't have to look far to find someone prepared to go above and beyond, and this weekend was a particular reminder.



Their efforts were sponsored as part of LSCIC's fund raising for a Horatio's garden.

Horatio's Garden is a charity that creates and lovingly cares for beautiful accessible gardens in NHS spinal cord injury centres.

Leading garden designers develop the stunning sanctuaries for patients, creating an environment which becomes an integral part of their lives as well as those of families and friends whilst spending many months in hospital.

The charity's volunteer teams, led by the head gardeners, keep the gardens looking beautiful, help run activities for patients and contribute to the happy, uplifting atmosphere which permeates Horatio's Gardens. All our volunteers share an enjoyment of being in the gardens, some are former patients and some are young 'Volunteers' seeking life experiences.



Horatio's Gardens provide patients with somewhere to find much-needed solace in an oasis of planting even if on bed rest; the garden is accessible for all.

**So far more than 140 sponsors have donated more than £5,000. Thanks!**

LSCIC climbers: Frankie Boote, Rachel Catlow, Lorraine Flowers, Selina Milligan, Michaela Moss, Joe Steel & Caley Toomey

Supported by Charlotte, Sam and Matt on the mountain and LSCIC staff; Noel Deegan, Benita Hexter & Janet Quinn in the valley.



[www.justgiving.com/fundraising/caley-sarah-toomey1](http://www.justgiving.com/fundraising/caley-sarah-toomey1)

[www.rnohcharity.org](http://www.rnohcharity.org)

[www.horatiosgarden.org.uk](http://www.horatiosgarden.org.uk)

