



Inspirational

About Claire

Claire Lomas's life turned upside down on 6th May 2007 when she became paralysed from the chest down in a horse riding accident that happened in a split second.

Claire was a chiropractor and top level event rider when this freak accident left her unable to do the things she loved. There were plenty of days Claire struggled to even get the motivation to get up but over time she rebuilt her life.

After her accident Claire married Dan, they had a baby girl - Maisie. On top of all this, she found new sports, set up a business and went on to fundraise to help get a cure for paralysis.

In 2012 Claire became the first paralysed person to walk the London Marathon, she did it in a pioneering robotic suit. It took 17 days and raised £210,000 for Spinal Research.

She was then invited to light the Paralympic cauldron in Trafalgar Square, and won numerous national awards.

On 13th May 2013 Claire completed her next challenge handcycling 400 miles around parts of England and visiting many schools along the way to do inspirational talks.

This raised £85,000 for Spinal Research and Nicholls Foundation and also had a huge impact on a lot of young people.

Due to the fantastic response of the children, Claire has decided to continue with the school visits to raise more vital funds for the Nicholls Spinal Injury Foundation.



Social Media



[www.justgiving.com/
Claire-Lomas](http://www.justgiving.com/Claire-Lomas)



Find Claire and her
Challenges!



@claire80lomas



"A spinal injury can happen to anyone at anytime in a split second – a cure must be found!" Claire Lomas

School visits

Claire speaks to the students about how becoming paralysed has had a dramatic effect on her life. She covers the impact of a spinal injury and how she had to rebuild her life. The message to the students is to believe, persevere and never give up. She also makes them aware that one of the best feelings is helping others. The school then participates in fundraising activities which Claire has seen such enthusiasm for after her visits to schools.

Claire Lomas visited Brockington College in November 2012 and that day will be remembered as the highlight of the year by so many. Prior to her visit, pupils were shown video footage of her 2012 Marathon and information on her life before and after the accident.

When Claire spoke during her assembly, you could hear a pin drop! The pupils and staff listened with admiration and respect and were totally in awe of this amazing lady. She speaks from the heart, showing passion and humour about her life and the challenges she faces on a daily basis. The College was so inspired by her story and the way she approaches life. Her underlying message was "you make your own luck" and "make sure you live life to the full and never give up". Such a simple message for teachers to say on a daily basis but coming from Claire Lomas, it has a far greater influence on youngsters as we have seen.

Our fundraising event was a sponsored fancy dress fun run and non uniform day. Both were optional. 90% of pupils took part in the fun run and as a College we raised just over £7000. Never before has this phenomenal amount been raised in our school. This testifies the huge impact Claire's visit had on our staff and pupils.

Jo Wyeth, Brockington College, Leicester

Every one of the many schools Claire has visited have given exceptional feedback and many have requested another visit. Also many messages have been sent by the older students saying things like 'you have inspired me to do more with my life' and 'you have changed the way I think'.

"I came to listen to your presentation in the Farrer Theatre in Eton on Friday, and was thoroughly impressed and humbled by your achievements and 'joie de vie'. You were a great example to our boys, and certainly inspired them. Thank you for taking the time to visit us."

Eton College



Where there is life, there is hope

Fundraising and the Nicholls Foundation

Your school is asked to support The Nicholls Foundation. Previous schools Claire has visited have participated in activities such as fun runs, cycling events, sponsored zumba day, cake sales, non uniform days etc.

The pupils will be truly inspired by Claire's story and want to get involved in helping raise money. Enthusiasm from previous school visits have been exceptional. Fundraising teaches many important lessons to children, it can involve fun activities and build group cooperation. Primarily, it teaches why it is important to help others.

Claire's presentation will give pupils a strong message and a lot to think about. We ask for a minimum of £500 to be raised for the Nicholls Foundation. Please see the form on the last page if you are interested.

Over the years since, the Nicholls Spinal Injury Foundation (NSIF) was founded, it has continued tirelessly to raise funds and in total has raised a phenomenal £2.5million, over 90% of which goes directly to funding a cure.

Spinal injury can happen to anyone, in anything from the most dramatic to the most mundane of circumstances, and its repercussions are life shattering. To lose the use of your limbs and to be dependent, for even the most basic of functions, upon others, is a bleak and devastating prospect that most people would struggle to comprehend, let alone to face.

NSIF refuses to believe that spinal injury is irremediable. Together with Professor Raisman, and with the invaluable support of its generous patrons and benefactors, NSIF continues to drive the way towards finding a cure for spinal injuries, keeping hope alive for the 2.5 million people worldwide whose lives have been blighted by this terrible condition.





*'Whether you think you can, or think you can't –
you're right' Claire Lomas*

Submission of interest form

Name of School	
Address of School	
Contact Name	
Contact E mail	
Contact Tel Number	
Preferred visit dates	
Please include brief notes of how your school/ college intend to fundraise	

I understand that our school will commit to raising a minimum of £500 towards the Nicholls Spinal Injury Foundation in return for a visit from Claire Lomas

Signature

Schools should be prepared to raise a minimum of £500 towards the Nicholls Spinal Injury Foundation. Please be aware that visits may not be possible without this guarantee. We ask that you think seriously about the fundraising before returning this form.

Ideas used by previous schools include;

- Fancy dress fun run
- Non uniform days
- Sponsored cycle (on exercise bikes)
- Sponsored zumbathon
- Paralympic sports days
- Invest £5 and make as much money in 5 weeks for charity as you can – tutor group challenge
- Sponsored walks
- School fetes
- Cake sales

Please send this form by post to Claire Lomas, Sunnyside, Eye Kettleby, Near Melton Mowbray, Leics, LE14 2TD or by email claireschallenge@mail.com
www.clareschallenge.co.uk 07970 574473