

# PHILPACKER – Raising more than £1million



& Supporting Young People with Disability

Please would you kindly show your support to Phil's Quest



Major Phil Packer was injured in Basra on 19<sup>th</sup> February last year. As a result, he was a paraplegic with what are classed as catastrophic injuries. He was originally told he would never walk again, however there have been positive improvements and he is determined to move forward.

He continues to serve in the Army and is determined to assist others and provide information on sport to the disabled community; he believes it is his responsibility to do so. He also pledged to raise £1 million for Help for Heroes as Phil hoped to make a difference to fellow injured servicemen and women as he felt if he could take some role and responsibility for others, this may assist in him taking some control of his life back. He has raised the £1million and continues to set himself challenges to raise awareness of disability sport and enthuse others to assist him

The lifestyle change has opened his eyes to disability and he hopes to be able to make a difference to young people with disabilities; this is his Quest. He has been supported by family, friends, colleagues and those that hear about his story. To enthuse and inspire others, Phil laid down the gauntlet for ANY challenges, events or sports to participate in, that will assist him in reaching his aims. Amazingly, within a year of his injuries, he rowed the English Channel with Al Humphreys in just over fifteen hours and more recently, he walked the London Marathon in two weeks; on the limit of his physical disability and three weeks later, hauled himself up El Capitan in the USA.



*Phil rowing the English Channel with Al Humphreys on the 14<sup>th</sup> February 2009, crossing the London Marathon line on 9<sup>th</sup> April 2009 and hauling himself up El Capitan in June 2009*

## How can you help?

Phil has a website called [www.philpacker.com](http://www.philpacker.com); it is becoming something of a focal point for inspiration and support for others; it is a selfless quest. If you can provide a **Message of Support** and photo, then you will join others that are showing their support for this remarkable man. Your words will bring interest and show that people, and you, do believe in what he is trying to achieve. Please send your Message and Photo to Phil at [phil@helpforheroes.org.uk](mailto:phil@helpforheroes.org.uk) This is really all about him gaining support and us spreading the word; if you can help in any way, it will be sincerely appreciated and will assist in his unique journey to benefit others.

**If you can spread the word and gain him support from other high profile celebrities, please do pass this forward.**