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Recycle: Toner and inkjet printer cartridges, and old mobile phones - can be recycled to raise valuable funds. The Recycling Appeal provides freepost envelopes & collections. To get started, call the Recycling Appeal on **08451 30 20 10.**

And last but definitely not least....volunteer! We are always looking for volunteers to help either at our office in Surrey, or at our events throughout the country! **Volunteering is fun and rewarding,** and you can meet new friends and learn new skills.



If you would like more information about any of the above, give us a ring on 01483 898786 or send us an e-mail at fundraising@spinal-research.org. **Thank you!**