

The

shaw trust

Disability Power 100



Gavin Walker MBE



Gavin became **paralysed** in 2010 after injuring himself and now has to use a wheelchair to move around.

Paralysed means you are unable to move your body.



Gavin started playing Wheelchair Rugby which helped improve his health and mood.

He has played Wheelchair Rugby for Great Britain at lots of big sports competitions.



Gavin wanted to help others who have also become injured and are dealing with new challenges.



So he started working for the Spinal Injuries Association where he can help people face to face.



Gavin has been given an MBE for his work.



Twitter:

www.twitter.com/gm17walker

