

The

shaw trust

Disability Power 100



Matt Hampson



Since an accident at his rugby team training, Matt has been **paralysed** from the neck down.

Paralysed means you are unable to move your body.



Matt set up the Matt Hampson Foundation to help other people who have had similar injuries.



He is involved in the foundation's Get Busy Living Centre which provides support to other people with injuries.



Matt's book 'Engage' explains his accident and how he coped with the changes to his life. It won a Sports Book of the Year award.



Matt also gives talks to schools, universities and businesses across the country.



Website:

www.matthampsonfoundation.org



Twitter:

www.twitter.com/hambofoundation



Facebook:

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