



Matt Hampson OBE



Since an accident with the England under 21 rugby team, Matt has been **paralysed** from the neck down.

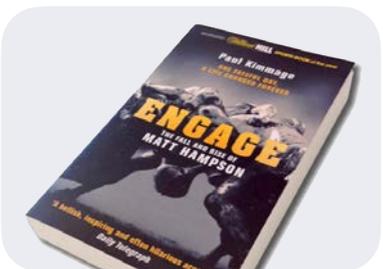
Paralysed is when a person's body is unable to move.



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.



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.



He was given an OBE in the 2021 Queen's New Year's Honours List.



Website:

www.matthampsonfoundation.org



Twitter:

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