



A Conversation with Matt Hampson

(Get Busy Living Centre)

By
Mike Beckett

Matt 'Hambro' Hanson OBE was born on the 29th November 1984. In March 2005, Matt sustained a dreadful scrummage accident during a training match for England. This resulted in him needing a ventilator to breathe and being paralysed from the neck down. Matt had started playing rugby at the age of five.

In 2011, the Matt Hampson foundation was given full charity status and provided advice, support and relief, for anyone suffering severe injury or disability from participation in, or training for, any sport, sporting activity or any other form of physical education or recreation. Matt regularly visits beneficiaries, schools and societies where he gives advice and motivational talks, taken from his own experiences.

So, on a somewhat miserably foggy day, I paid a visit to meet with Matt and his CEO Tommy Cawston at the Get Busy Living Centre at Burrough-on-the-Hill near Melton Mowbray. I asked Matt when the idea to do this project first occurred to him. "I think that after my accident I realised I wanted to do something that would help other people who were suffering similar problems to my own. I was getting tremendous support from family

and friends and I knew this was not always the case for other people. I suppose I have always wanted to help people and this seemed the absolutely right time for me to become more involved," Matt told me. Premises were required if Matt's dream was to become a reality, and help came in the form of an offer from Burrough Court Estate, who had a derelict hangar that they could use. Tommy told me that he didn't think that Burrough