

Graham



Graham, a 76-year-old man with Motor Neurone Disease (MND) got in touch with Christine at our Wheels for All centre in Kendal, Cumbria, as he wanted to find a cycle that he could ride with one leg for a sponsored cycle ride.

Graham has some muscle weakness due to his MND, and has had one leg amputated so now has a prosthetic leg. He has also fought off prostate cancer.

He had a month to train before his sponsored ride which was to raise money for the Motor Neurone Disease Association. He wanted to cycle in memory of his son who was due to fundraise for the MND charity that was supporting his father, when he unfortunately had a fall and passed away aged just 47. So dad stepped up to the challenge and decided to do all the fundraising himself.

Graham visited Kendal Wheels for All and tried a few different cycles. The best fit for him was a four-wheeled cycle with short, fixed cranks and a wide, supportive seat. Christine added a toe clip and strap to keep his foot in place and bring the pedal around to keep the momentum going as he cycles as Graham prefers to cycle without his prosthetic leg. He started to come to Kendal Wheels for All every week to do some training and improve his fitness.

Christine and her team accompanied him along the cycle paths around Kendal. In the summer, before his sponsored ride, he took part in a Sportive event with the local KCC cycling club around the Kentmere valley. The terrain is undulating and it was a very hot day, so it was quite a challenge, but Graham really enjoyed it.

Christine then supported Graham on the sponsored ride itself. His hard work fundraising and doing interviews on the radio culminated in him raising over £7,000. Supporters followed him along Morecambe prom, either on foot or cycling. After the 5k ride, he arrived at the Eric Morecambe statue where he completed another 5k in under 15 minutes on his exercise bike! At the end, everyone was cheering and handing him £20 notes!

Graham says “I thoroughly enjoy cycling and I am so grateful to Christine and the volunteers at Kendal Wheels for All for their help in building my confidence and developing my skills. Now I would like to do a fundraiser every year, with half of the proceeds going to Wheels for All and half supporting the work of MND charities.” This story is a fantastic example of how determined and inspiring our participants are.

