

Mark

Answers by Mark's partner



Mark is a keen cyclist. He suffered a stroke in March 2020, which affected his right side, impaired his peripheral vision slightly and he has severe aphasia (a language disorder which causes communication difficulties).

Mark is right-side affected following his stroke. He currently only has the use of one arm.

After a long period of recovery, we found the Bike Buddy programme to give Mark back some of his independence.

Mark started in Birkenhead Park on short rides. We then loaned a Tomcat (Mark rides a Tomcat low rider to give him stability) and Mark and his Bike Buddy Jim now ride in our home area each week. Mark leads the rides, taking cycle routes he knows of old.

Being outside on a bike adds so much value to Mark's freedom; fresh air with a bonus of exercise. Pedalling also works his core and leg muscles in recovery. Mark has adapted to the way his body can cycle. It has reopened up Mark's outside world, returning him to one of his passions and adding a fun element to his therapy.

Wheels for All has given Mark back his love of cycling and is beginning to give him an independent activity away from me. It is a very important part of Mark's weekly therapy on his road to recovery.



Wheels for All is the operating name for Cycling Projects a company limited by guarantee & registered in England & Wales (No. 2618968) 11-13 Wilson Patten Street, Warrington, WA1 1PG. Cycling Projects is a charity registered in England & Wales (No. 1003309).

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