



PRESS RELEASE: 10.05.10

SALISBURY THERAPIST SET TO CYCLE UK 'END TO END' IN AID OF SPINAL UNIT JUBILEE GARDEN

A Salisbury occupational therapist, who sustained a serious back injury after a motorbike accident, is in training for a 900 mile, ten day cycle ride in a bid to raise money for the Jubilee Garden at the Duke of Cornwall Spinal Treatment Centre. The Jubilee Garden Appeal is being run by the Southern Spinal Injuries Trust (SSIT) and aims to fund a specially designed rehabilitation garden at the Salisbury Spinal Centre.

49 year old Robert Padwick will be embarking on his pedalling adventure accompanied by his 23 year old nephew Elliot Barlow. The pair will set off on this iconic cycle ride from John O'Groats on 7 July 2010. Averaging a gruelling 95 miles a day, they hope to arrive at Lands End on 17 July. One of British cycling's greatest adventures this will be tough and enduring cycling.

Twelve years ago Mr Padwick spent three and a half months in a London hospital following a motorbike accident which left him with a fractured sacrum. His time in hospital was a life-changing experience and led him to leave his job as a furniture maker and study to be an occupational therapist. In 2002 Mr Padwick moved to Salisbury and four years later set up Otter Therapy, a specialist occupational therapy service treating patients in their own homes. Mr Padwick read about the Jubilee Garden in the Journal's recent *Every Penny Counts* supplement on SSIT.

Talking about the challenge Mr Padwick said: "This is a really big challenge. I'm approaching a significant birthday next year and I want to do this before I hit that milestone! I've been in training for some time now and recently cycled 66 miles around the Isle of Wight. I hope that our 900 mile cycle ride will raise £10,000 for the Jubilee Garden at the

Spinal Unit. Having spent a good while in hospital myself and working as an OT I can see the benefits of an accessible garden at the Spinal Unit. I really hope that people will support me in this challenge.”

Elliot Barlow, also from Salisbury, is currently a student at London College of Fashion. He commented: “I’m so looking forward to this adventure and raising money for the Spinal Unit Jubilee Garden has really spurred me on. My mother has worked at the hospital for 25 years and so it’s great to be able to fundraise for a charity that’s so close to home.”

Consultant Spinal Surgeon and SSIT Trustee David Chapple, who initiated the Jubilee Garden project commented: “This is just the sort of support we need. I’m full of admiration for Robert and am delighted that he’s chosen to fundraise for the SSIT Garden. I hope that Robert's fundraising will encourage others to think of supporting the SSIT Garden Project if they are planning a charity challenge or event.”

To donate online, please visit: www.mycharitypage.com/padwick

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