

## WHY FUNDRAISE FOR STROKE?

*\*EVERY YEAR IN THE UK AROUND 152,000 PEOPLE SUFFER A STROKE;  
(THAT'S SOMEONE EVERY THREE & A HALF MINUTES), 15 -25% OF  
THESE TO PEOPLE OF WORKING AGE, AND UP TO 10,000 PER YEAR IN  
THE UK BELOW THE AGE OF 55, LEAVING UP TO 50% OF SURVIVORS  
WITH HEALTH IMPAIREMENTS AND LONG TERM DISABILITIES AND  
OFTEN IN NEED OF SUPPORT BUT WITH VERYLIMITED ACCESS TO  
ESSENTIAL FOLLOW UP THERAPY;- AS A PREVIOUSLY ACTIVE  
OUTDOOR ENTHUSIAST, CLIMBER &CYCLIST RECOVERING FROM  
STROKE THIS RIDE IS VERY MUCH A PERSONAL CHALLENGE AND  
MILESTONE ON THE LONG ROAD TO RECOVERY AS WELL AS BEING A  
BRILLIANT OPPORTUNITY TO RAISE AWARENESS OF STROKE & GIVE  
SOMETHING BACK TO A VERY WORTHWHILE CHARITABLE CAUSE.  
THANKS,STEVE BOWKER*

IF YOU WOULD LIKE TO JOIN US, SUPPORT IN SOME WAY OR HAVE ANY  
QUERIES, PLEASE EMAIL MYSELF ON [steve.fernilee@talktalk.net](mailto:steve.fernilee@talktalk.net), (tel; 01663  
734452 ),CONTACT JOANNE BURR AT STROKE ASSOCIATION;  
[Joanne.Burr@stroke.org.uk](mailto:Joanne.Burr@stroke.org.uk) (tel; 0115 871 2471) ,OR JO AURORA AT  
'DIFFERENT STROKES' [Jo.aurora@differentstrokes.co.uk](mailto:Jo.aurora@differentstrokes.co.uk) (tel ;01908 317618)

*different* Strokes  
Support for Younger Stroke Survivors

Stroke  
association



# Steve's Coast-to-Coast Cycle Ride

## 19<sup>th</sup> – 22<sup>nd</sup> May 2016

### (Fundraising for Stroke)

