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PRESS RELEASE

From coast to coast for a worthy cause

A PHYSIOTHERAPIST from Blackpool Victoria Hospital is to cycle from coast to coast to raise money for the Stroke Unit after her father suffered from the debilitating attack.

Sarah Bruce is taking part in the Coast 2 Coast Cycle ride on September 17th which will take her from St Bede's to Sunderland.

Sarah, who works in the Pain Clinic for Blackpool, Fylde and Wyre Hospitals NHS Foundation Trust, said: "I have always wanted to do the event and since working on the Stoke Unit I decided to raise money for it and also raise awareness in general about strokes.

"The training for the event takes 12 weeks but unfortunately I have broken my finger and fractured my toe so the training is slightly on hold but hopefully it won't be long until I am running, swimming and cycling in preparation. I've always been sporty and recently joined a mountaineering club and have been part of a local netball team for the last five years. I have worked for the Trust for seven years and got the opportunity to get my bike through the cycle scheme which worked out really well."

Sarah's dad, Tim Bruce who lives in Lytham, was a teacher at Kirkham Grammar School before he suffered from a stroke 13 years ago. Sarah, 29, from Poulton, continued: "People don't realise that it is a completely life changing event that happens overnight and my dad had to give up his teaching job and his sport.

"People should look out for signs such as slurred speech and also take note of the FAST campaign which tells people how to spot signs of a stroke. They should look at the Face to see if it is equal on both sides, Arms to see if they can raise them both, Smile to see if they can smile properly and be aware of the Time for calling an ambulance.

"People should take note of the time which they first note the symptoms because certain medications can be used within a certain time frame of a patient having a stroke which actually reverses the damage done."

During the three day fundraiser Sarah is hoping to raise £1,000 which will go towards a set of physiotherapy stairs for patients and a specialist porters chair to transport people who have suffered strokes.

If you would like to sponsor Sarah go to www.justgiving.com/Sarah-Bruce-Coast-to-coast or email sazbruce@hotmail.com.



PIC: Sarah with her challenge bike.



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