



Jun 02, 2014 16:31 BST

‘Daddy and Maddy’ Stepped out for Action on Stroke Month

Local Halifax resident Paul Thomas, 36, proved there is ‘Life after Stroke’ by taking part in the *Step out for Stroke* fundraising walk at Roundhay Park on Saturday 31 May, alongside his newborn baby girl, Maddy.

Paul was inspired to take part in the event after he had a stroke in December 2012 and lost all movement in his left side. While Paul is now walking again, he still has limited control in the left hand side of his body.

Paul’s wife Donna gave birth to their baby girl, Maddelyn Amelia, in April and the *Step out for*

Stroke event was her first fundraiser for the Stroke Association, aged just six weeks old. Paul pushed Maddy's pram around the walk, alongside his family and friends. He was also joined by best friend Amanda Morris, who recently completed '40 Challenges Before 40' to raise money for the Stroke Association, following Paul's stroke.

Paul said: "The *Step out for Stroke* on Saturday was a huge success, I managed to walk the mile circuit, plus we walked another half mile as we parked in wrong place!

For me, physically and mentally it was exhausting, but it was wonderful to have the support of my family and friends walking alongside me. So far we have raised £370 in sponsorship, with more on the way."

Mahalia France-Mir, Regional Fundraiser at the Stroke Association, added: "Paul is a real inspiration and seeing him challenge himself at the *Step out for Stroke* event is testament to how far he has come. There's a serious purpose behind the *Step Out for Stroke* walk; stroke is the leading cause of complex adult disability in the UK. At the Stroke Association we want to be there for everyone affected by stroke. We're very grateful to everyone who came along and showed their support at the *Step outfor Stroke*."

The fundraising walk was part of Action on Stroke Month, when the Stroke Association aims to promote stroke awareness and prevention as well as raising vital funds for the charity.

Local swing band, Stroke of Genius, was on hand on hand to entertain participants throughout the day with an array of music and there was also a tombola, raffle, book sale and cake stall to help raise money for the charity.

You can sponsor Paul by visiting <http://www.justgiving.com/Paul-Thomas47>. For more information on *Step out for Stroke* visit www.stroke.org.uk/stepout. Action on Stroke Month 2014 is supported by Legal & General. To find out more, please visit www.stroke.org.uk/strokemonth

Ends

For interviews, photographs or more information, please contact Vicki Wray on 0161 742 7478 or email vicki.wray@stroke.org.uk

A stroke is a brain attack which happens when the blood supply to the brain is cut off, caused by a clot or bleeding in the brain. There are around 152,000 strokes in the UK every year and it is the leading cause of severe adult disability. There are over 1.2 million people in the UK living with the effects of stroke.

Stroke Association is a charity. We believe in life after stroke and we're leading a community of people to change the world for people affected by stroke. We work directly with stroke survivors and their families and carers, with health and social care professionals and with scientists and researchers. We campaign to improve stroke care and support people to make the best recovery they can. We fund research to develop new treatments and ways of preventing stroke. The Stroke Helpline (0303 303 3100) provides information and support on stroke. More information can be found at www.stroke.org.uk

Contacts



Vicki Hall

Press Contact

PR Manager

Fundraising and local services

vicki.hall@stroke.org.uk

0161 742 7478