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Survivors conquer stroke to raise vital funds

Hull stroke survivors have raised over £880 for the Stroke Association by taking part in the charity's *Conquer Stroke Duathlon* in East Park, Holderness Road, Hull.

The event was held on Saturday 20 May to celebrate *Make May Purple* for Stroke, the Stroke Association's national awareness month.

Hull residents joined local stroke survivors for a walk and a 2.5 mile bike ride around the park using an adapted bike scheme. Stroke Association staff and volunteers were also on hand to give free blood pressure checks throughout

the afternoon.



Joining the participants was Connor Lynes, who was just 14 years old when he had two strokes after playing a rugby match.

Connor said: “I’m so proud of myself for riding a bike for the first time since my stroke. I hadn’t felt confident enough to do it, but after seeing other stroke survivors cycling around the park, I knew I wanted to join them and have a go.”

Ben Crawforth, Stroke Prevention Coordinator at the Stroke Association in Hull, said: “It was fantastic to have so many stroke survivors and supporters join us at East Park to take on the challenge and help us to put the spotlight on stroke. Across the UK, more than a million people are rebuilding their lives after stroke. The funds raised on the day will go a long way towards innovative research into stroke care and treatment.”

For more information about stroke, ring the Helpline on 0303 30 33 100 or visit www.stroke.org.uk.

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- 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 more than 100,000 strokes in the UK each year; that is

around one stroke every five minutes. 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 together we can conquer 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

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