



Press Release
Immediate Release
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Northumberland Cyclist Tackles Epic Four-Day Mission to Support Disabled Children

A cyclist from Northumberland is hitting the road for a 500km charity challenge, driven by a passion for making exercise accessible to all.

Dr Samuel Parker is taking part in a four-day cycling challenge, the Angel2Angel Ride, to raise money for a sensory gym and activity space for children with disabilities.

Samuel is a Consultant Clinical Psychologist and the Head of Psychology at Cygnet Appletree, a 25-bed women's mental health hospital in Durham. He also works as the Clinical Lead for Psychology in the North East region, which sees him travel to numerous Cygnet Health Care services in the area.

After previously completing a two-day cycle ride for a baby loss charity last year, Samuel was inspired to take on another epic challenge to fundraise for Making Fitness Accessible CIC.

The non-profit organisation creates inclusive, accessible physical activity opportunities for marginalised communities, including those with disabilities, mental health needs and long-term health conditions.

Donations from the challenge will go towards the building of a sensory gym and a multi-use activity studio at The Angel Centre, one of the charity's newly-opened spaces.

Samuel said: "The story and mission behind Making Fitness Accessible CIC really inspired me. As someone who values and enjoys exercise, I wanted to support the development of a sensory gym to make spaces like this accessible to those who need it.

"It will have such a positive impact on many people's physical, emotional and social health and will create a space where children with disabilities can thrive."

The Angel2Angel Ride kicks off on 25th June at the Angel of the North in Gateshead, ending four days and 500km later at The Angel Centre in Colchester.

Samuel and a team of 39 riders are aiming to raise £50,000 for the charity and have already raised over £17,000 so far.

Despite being a seasoned cyclist, the Cygnet Health Care worker is still ready for a new challenge.

“Besides the obvious 500km of cycling, the biggest challenge is going to be the fact it's a multi-day event. Cycling such long distances for four consecutive days will be significant, both physically and mentally. It's hard to train for something like this, so it's going to be a journey into the unknown for a good cause,” explained Samuel.

“Working at Cygnet Health Care has shown me how great it is to support causes big and small, locally and nationally. Everyone does their part in fundraising to help others and this has spurred me on to raise funds for another charity.”

To donate to Samuel's fundraiser, visit:

<https://www.justgiving.com/crowdfunding/angelride26>