

Can you guess how far Buncrana's Paul can cycle in one hour?

On Monday 9th August 2010, local man Paul Gill, will cycle for one hour using a spin bike to raise funds for the Irish Wheelchair Association (IWA) in Donegal. What makes this bike challenge stand out is that Paul is a wheelchair user as a result of an asthma attack and cardiac arrest which happened several years ago. The challenge takes place in Buncrana Leisure Centre and Paul is asking the local community to guess how many kilometres he can cycle within the hour, all proceeds raised will go to support the services provided by IWA in Donegal, which Paul avails of daily.

Paul avails of Personal Assistance through the IWA Assisted Living Service. This service is provided in his home and allows him to carry out errands and everyday jobs that he otherwise might find difficult. In 2009, IWA provided over 73,000 hours of Assisted Living Services and almost 45,000 hours in Day Care Services to IWA members in Donegal.

Speaking at his training session today Paul said; "The training is going well and I hope to raise some much needed funds for my local IWA centre. The Assisted Living Service (ALS) has meant that I can continue to go about my daily activities, hobbies and interests with the support and encouragement of my personal assistant. I would love to raise a substantial amount to show my appreciation for all they have done for me. I am member of the Buncrana leisure centre and have been attending it for five years now. Without the assistance of many dedicated people including, personal assistants (IWA), leisure centre staff, use of the equipment from Pat Gill, this challenge would not be possible.

Sponsorship cards are available from IWA Donegal centre, Paul and his wife Patricia will also be distributing them throughout the local towns. Take a guess how far Paul can cycle in one hour and be in with the chance of winning one of the many special prizes generously denoted by local shops and businesses.

Helen Martyn, IWA Director of Fundraising, says "IWA is delighted that Paul has decided to raise funds for services in his local area. The funds raised will be used to support the many important services being provided in Donegal, including ALS, five day centres, transport services, motoring advice, respite and holidays."

ENDS.

For further information on the launch and the event please contact Harriet Mc Cafferty on 087-9138539 or the IWA Donegal office on 074- 9177448.