

Ailsa Speak

Address

23/09/2023

Dear Sir

My dad is W Bro Paul Speak and as I am sure he will have told you (and probably many times!), I took part in Parallel Windsor in July this year, hoping to raise some money to help the Ukrainian people.

I have Cerebral Palsy (CP), and most of the muscles in my body don't work as they should. I can't walk without help... My CP affects my daily life, it causes involuntary movements throughout my body, meaning that it takes me longer to carry out each activity, but despite this, I try to be as independent as possible. I have little use of my hands, so I use my feet for a lot of things, including typing, and this is how I typed out this letter.

For the few months leading up to the event, I was training incredibly hard. I had to train my body to stand upright and figure out how to place my feet to avoid running them over because when I wear my splints, my feet turn outwards and are fixed in that position. I gradually built up the distance I was walking in preparation for the event.

I went to Windsor Great Park in July, to take part, and I walked a kilometre in my walker. It took me around an hour and it was really hard work, and starting late had its benefits and disadvantages but I am so proud of what I accomplished.

When I was getting ready for the 1Km event, I saw Paralympic gold medallist, Ellie Simmonds! Afterwards, I spotted her again, walking towards us. I even got the chance to meet her and have a photo taken with her! Words cannot describe how I felt in that moment, it was just so amazing; it was unreal! I absolutely loved meeting her!

I originally wanted to raise £200, but thanks to the generosity of the members of the Alwarestoch Lodge, I was able to raise a total of £1,140 plus Gift Aid. I would be very grateful if you would pass on my sincere thanks to all your members.

Yours faithfully

Ailsa Speak