



dementia adventure®

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Gary and John take on a cycling adventure for dementia by riding the 'Prom to Paris'



Gary and John completed an incredible feat, cycling 325 miles from Maldon in Essex to Paris for their 'Prom to Paris' fundraiser. Following in the tracks of the cycling greats, Gary and John's very own 'dementia adventure' raised over £2,000 towards our supported dementia holidays.

Gary said *"Both of my Nans had dementia. It was so difficult. I know they would have really benefitted from the support of a charity like Dementia Adventure"*

John added *"We climbed something like 15,000 feet during the trip on two road bikes, equipped with little more than saddlebags! It was really hard but it meant that EVERY PENNY donated went straight to the charity."*

In addition to the ride itself, Gary and John also raised money by completing some of their training on a turbo trainer in the lobby of their local Tesco store.

Thanks Gary and John. You are stars!

If you would like to take part in an event for Dementia Adventure you can find out more at www.dementiaadventure.co.uk or email fundraising@dementiaadventure.co.uk or phone 01245 237548 to order your fundraising pack.