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## PRESS RELEASE

### **WHISTLE WILL BE BLOWN FOR START OF BSRM SILVER JUBILEE CYCLE RIDE - LANDS END TO JOHN O'GROATS!**

**What:** To celebrate 25 years, members of the British Society of Rehabilitation Medicine (BSRM), will don their cycle gear for the start of the BSRM Silver Jubilee Cycle Ride - from Lands End to John O'Groats

**When:** starting 5pm, Friday 22<sup>nd</sup> May 2009 - 7 June 2009

**Where:** Lands End-John O'Groats

Volunteers from the BSRM will start the Silver Jubilee Cycle Ride from Lands End to John O'Groats on Friday, to raise the profile of the BSRM and Rehabilitation Medicine.

This is a fun event, led by President, Christine Collin, Consultant in Rehabilitation Medicine at the Royal Berkshire Hospital, which takes place from Friday 22 May to Sunday 07 June 2009.

Those taking part include BSRM Members, their families, colleagues and their patients and they can join in for as much of this as they are able - in person or 'virtually'.

Sandy Weatherhead, Executive Secretary at the BSRM said:

"Rehabilitation doctors are used to setting individuals challenging but achievable goals and this cycle ride (on the road or in the RM department), provides BSRM members, their colleagues, families and patients with such a challenge. We are looking forward to a fun, but for some competitive, event and wish all who pedal the best of luck!"

Christine Collin, BSRM President and ride leader said:

"I'm delighted to be leading this Silver Jubilee challenge for BSRM, providing daily feedback of the scenery and weather en route, for the people who are riding virtually on exercise bikes in medical rehabilitation departments, up and down the country. Cycling has taken me to places as far apart as Alaska and India, but this will be the hardest ride I have done, and the most worthwhile. BSRM is a small organisation and its doctor members are determined to do all they can to help people in their battles with disability and long term illness. Cycling is a great physical activity that improves fitness and well being and can now even be done by people in wheelchairs, if they want to, and have access to the right equipment."

*Irwin Mitchell Solicitors has sponsored the cycle ride by providing water bottles for all those taking part.*

*Commenting, Regional Managing Partner, Grahame Codd, said: "We are delighted to be sponsoring this event and helping to highlight the work of the BSRM."*

**-ENDS-**

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### **Notes to Editors**

#### **British Society of Rehabilitation Medicine (BSRM)**

The British Society of Rehabilitation Medicine is a learned society representing doctors who practise in Rehabilitation Medicine. It was formed in 1984 in the name of the Medical Disability Society and is a registered charity (Reg. No. 293196).

The Society encourages doctors in all clinical specialties to be involved in education and research into the management of disability. Membership of the BSRM is open to all registered medical practitioners interested and concerned with its objectives.