

# Disabled veterans on 500-mile fundraiser



Setting off on their marathon cycle tour from Edinburgh

Two disabled veterans got on their bikes at Edinburgh Castle to pedal 500 miles to raise money for the charities supporting their recovery.

Laura Ellis, 33, from Blackburn in West Lothian, and Patrick Medhurst-Feeney, 27, of Plymouth, aim to raise over £6,000 for Help for Heroes and Veterans with Dogs, who have helped the veterans to recover from life-changing physical and mental health problems.

The former armed force professionals started the 518 mile challenge on recumbent bikes from Edinburgh Castle during Mental Health Awareness Week and plan to finish in Exeter Quay on Wednesday, May 22.

Laura, formerly of the Royal Artillery and Royal Horse Artillery, couldn't continue her army career after being diagnosed with nocturnal epilepsy, a condition that causes seizures.

In 2015, her medical issues worsened when she was rushed to hospital with no feeling in the lower half of her body. She was diagnosed with Cauda Equina, a rare but serious condition that affects the spinal cord.

She had spinal surgery at Edinburgh's Western General Hospital and still faces on-going lower back problems. She also has mental health issues.

Laura said: "I got a grant from Help for Heroes for a

recumbent bike last December. It's the only way I can cycle as I can't sit up on a normal bike. I also got my assistance dog Scout through Veterans for Dogs.

"He's amazing. He can predict my seizures 20 minutes beforehand. I wanted to give something back to both charities – they've made such a difference to my recovery journey. It has just snowballed ever since!"

Patrick was involved in an accident during his second tour of Afghanistan in 2013. He was flown back to the UK for intensive treatment and has since faced both mental and physical health problems.

Anyone wishing to support Laura and Patrick can do so by clicking [here](#) and follow their progress on Facebook. They can also be contacted at [triketour17@outlook.com](mailto:triketour17@outlook.com)