

Milo completes 1000-mile mission to raise funds for a disabled children's charity

An Edinburgh primary school teacher has completed a 1000-mile mission to raise funds for a disabled children's charity.

Milo Trainor Moss (28), who lives with a brain injury and epilepsy and also has a cardiac implanted device after suffering a sudden cardiac arrest in 2020, has spent the last four weeks completing the adventurous solo cycle across northern Europe to support The Yard, his mother's place of work.

Milo cycled 500 miles from Gothenburg to Hamburg and then another 500 miles via Amsterdam and Newcastle.

His Dad Richard buddied him on the final leg of his cycle back into Edinburgh, arriving at The Yard together on Friday 2 August.

Smashing his fundraising target of £1,000, £1 per mile, Milo has since raised over £1500 bolstered by the generosity of Richard's employer, Natwest, which will donate an additional £500 through its Community Cashback Scheme.

Milo said, "I've been acutely aware of The Yard's impact for many years but since becoming a primary school teacher, the difference the charity makes has come into sharper focus.

"I saw the summer holiday as the ideal opportunity to use my

cycle challenge to help The Yard do more of what they do best, supporting young people with disabilities and additional needs, and their families.

“There’s no doubt that I had to consider my limitations and plan the route around my health challenges, but it was otherwise just a case of getting on with it and powering on. Arriving back at The Yard and being reminded of how amazing a place it is made it all worthwhile.”

Katrina Trainor, his mum, who has been The Yard’s Edinburgh receptionist for 10 years added, “To say we are proud of Milo is a huge understatement. He is one in a million in so many ways.

“Milo was diagnosed with epilepsy at the age of eight and lives with a hypoxic brain injury but otherwise gets on with life and is always pushing himself to do more. He’s loved this latest adventure and the freedom he’s had along the way. While facing his own health difficulties, he’s so resilient and always moving forward. In many ways, he is the embodiment of The Yard. His cycle challenge has been brilliant for The Yard but also wonderful for Milo – we are exceptionally proud!”

Her pride is echoed by Celine Sinclair, Chief Executive Officer of The Yard, who said, “We are incredibly grateful that Milo chose to embark on this epic endeavour for The Yard. As well as raising a significant sum for our charity, which will allow the young people we support to enjoy their own adventures, his journey will inspire countless other young people and show that, even in the face of adversity, we can always strive for more and make a difference to others. Milo, we thank you and applaud you!”

To donate to Milo’s campaign, please visit [Milo’s Scandi / Scottish Summer Cycle](#)

For more information about The Yard, visit <https://www.theyardscotland.org.uk/>