

RAF Veteran Ed trains for Worthing 10K finish after life-changing rehabilitation

An RAF veteran who was left paralysed by a stroke has vowed to cross the finishing line of the Worthing 10K on his own two feet to thank the charity that helped with his rehabilitation.

Ed Sampson spent six months at Care for Veterans – a Royal Star & Garter Home in Worthing, where he received intensive treatment in its in-house physiotherapy room, following a stroke in December 2023.

Thanks to Care for Veterans' dedicated team of physiotherapists and Ed's hard work, the 57-year-old was able to return home in 2024.



Ed at Care for Veterans – a Royal Star & Garter Home

He will be taking part in the 7 June fundraiser with his wife Vikki. She will push her husband throughout the course, but Ed plans to get out of his wheelchair and walk the final 100 metres to the finish line.

The dad-of-two is still regularly using the physiotherapy service at Care for Veterans to help with his recuperation and to prepare for his walk.

He said: "I was able to walk 50m, then 80m and I'm determined to walk the last 100m of the Worthing 10K."

Care for Veterans provides long-term nursing, rehabilitation, respite and end-of-life care to veterans and their families who live with disabilities, including acquired brain injury and degenerative neurological conditions. It is now part of the Royal Star & Garter group, following a merger with the charity in 2025.

Explaining why he's raising money for Care for Veterans, Ed continued: "After my stroke I never thought I'd be in the position to do this, there was a lot of doubt in my ability to walk again. But Care for Veterans looked after me during my stay and continue to do so as I train for the Worthing 10K. The team are so nice and work with me to help achieve my goals. I wouldn't be where I am now if it weren't for their dedication and support."

Ed was an RAF Technician in the 75th Signals Unit and served from 1988-1997. Despite this, he said: "Recovering from the stroke and preparing for the Worthing 10K is without doubt the toughest challenge I've ever undertaken. The support I've had from Care for Veterans, and from my wonderful



Ed with Lead Physiotherapist Belle Fischer and Rehabilitation Assistant Magdalena Gibas

wife and family, has often moved me to tears." He added: "Sometimes I feel more sorry for my wife who has to push me for 9.9K!"

Vikki said: "Ed has worked so hard to get to this position and I'm incredibly proud of him. It is testament to his courage and determination, and the superb work of Care for Veterans. It will be emotional for all his family and friends cheering him on when he crosses the finishing line."



Ed with his wife Vikki

Belle Fisher, Lead Physiotherapist at Care for Veterans, said: "Ed's been working really hard to get to this point, and we are all so inspired by him! He's walking further with each session with us and his speed has increased significantly."

Home Manager Vicky Strange added: "Ed stayed at Care for Veterans for six months and we were delighted to see him recover enough to return home to his beautiful family. But it's another thing

entirely to see him work so hard on achieving such a milestone, he's come so far in his journey, and we are all so proud of him."

Ed and Vikki will be part of 20 people running the Worthing 10K for Care for Veterans.

You can sponsor Ed by visiting his JustGiving page:

<https://www.justgiving.com/page/vikki-sampson-4>

If you'd like to take part in the event and raise money for Care for Veterans, go to

<https://www.careforveterans.org.uk/events/worthing-10k-2026/>

For more information about Care for Veterans, go to

<https://www.careforveterans.org.uk>

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Care for Veterans

a Royal Star & Garter Home

About the Royal Star & Garter group

Founded in 1916, Royal Star & Garter provides care, support and friendship for veterans and their families so that they can live well. The charity delivers nursing and dementia care through Homes in Solihull, Surbiton, High Wycombe, and now in Worthing, having recently merged with the military charity Care for Veterans. It also offers a range of services reaching into the community, including Lunch Clubs, Day Care and a national Telephone Friendship Service.