

Care for Veterans

a Royal Star & Garter Home

FOR IMMEDIATE RELEASE

RAF veteran and stroke survivor defies odds to walk across Worthing 10K finishing line

Crowds at the Worthing 10K cheered on an RAF veteran who bravely walked across the finishing line despite being wheelchair-bound following a stroke.

Ed Sampson walked the final 100 metres of the route, supported by his wife Vikki, who had pushed him around the course, and his sons, family and friends.

The couple are raising money for Care for Veterans - a Royal Star & Garter Home, which has been helping Ed recover from the devastating effects of his stroke in December 2023.



Ed is helped along the final 100 metres of the Worthing 10K with the support of Care for Veterans' Rehabilitation Assistant Magda Gibas

They have so far raised £1,475 for the Home in Worthing, which 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.

Ed spent six months at Care for Veterans, where he received intensive treatment in the in-house physiotherapy room, following his stroke.

Thanks to the dedicated team of physiotherapists and Ed's hard work, the 57-year-old was able to return home in 2024. The dad-of-two still regularly uses the physiotherapy service at Care for Veterans for his recuperation, and staff also helped him prepare for his 10K challenge.

Ed, who was an RAF Technician in the 75th Signals Unit and served from 1988-1997, was supported across the finishing line by the Home's Rehabilitation Assistant Magda Gibas. He said afterwards: "After my stroke, I never imagined I'd be able to do something like this again. Care for Veterans helped me rebuild my life, and walking those last 100 metres meant everything to me."

His wife Vikki added: "Ed has worked so hard to get here. Seeing him walk to

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the finish line was incredibly emotional, we're all so proud of him."

Belle Fisher is the Lead Physiotherapist at Care for Veterans. She said staff and residents at the Home have been inspired by his efforts. "Ed has pushed himself further every week," she said. "Watching him achieve this milestone was a privilege for all of us."

A total of 28 people took part in the Worthing 10K to raise money for Care for Veterans. They included resident and Army veteran Steve Boylan, who crossed the finishing line with Ed.



Ed (in wheelchair, right) chats to Care for Veterans resident Steve, who also completed the Worthing 10K, at the finishing line

Ed and Vikki need over £500 to meet their £2,000 fundraising target. To help them reach their goal, go to <https://www.justgiving.com/page/vikki-sampson-4>

Care for Veterans is welcoming new residents and has recently launched a Day Care service. For more information on this, or to work at the Home, go to www.careforveterans.org.uk

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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

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Care and a national Telephone Friendship Service.