

Brother cycles in memory of twin in support of hospice



CYCLE CHALLENGE: Major Sam Orwin and colleagues are raising money for St David's Hospice Care, Great Ormond Street Hospital and the MS Society
RIGHT: Major Orwin's brother Jeremy

A twin is cycling in memory of his Monmouthshire brother in aid of St David's Hospice Care who looked after him before his death from cancer.

Former Scots Guard Major Sam Orwin is part of a team of some 25 cyclists who are raising money for the Newport-based hospice as well as Great Ormond Street Hospital and the MS Society.

The cyclists have already raised thousands for the charities by riding 300 miles from Oxford to Paris and 350 miles from Bordeaux, France, to Bilbao, Spain, climbing more than 30,000 feet over the highest road pass in the Basque Pyrenees.

They have now set their Garmin for a 216-mile ride from Long Crendon, near Oxford, to the Isle of Wight setting off today (September 23).

Major Orwin said: "In 2016 my twin brother, Jeremy, also an ex Major in the Scots Guards, was diagnosed with an aggressive

form of cancer. Jeremy, who lived near Abergavenny, received palliative care from the amazing team at St David's Hospice Care throughout his courageous battle with the disease.

"I have seen first-hand the invaluable care and support the hospice gives to the patients and their families, whatever time of day or night. Jeremy passed away just before Christmas 2017. He was 50. His passing has left a huge void in our lives.

"During frequent visits to see my brother when he was being cared for by the hospice I'd raised the concept of fundraising and who he'd like me to support. Without hesitation Jeremy's answer was St David's Hospice Care. I know that he loved the hospice team.

"My daughter Milly, aged 13, has a rare spinal condition and as such we have been regular visitors to GOSH since her first surgery in 2014. Milly underwent further complex surgery at GOSH in September 2017 to replace her spinal

growth rods. My two-week stay in the HDU with Milly during her surgeries remains a humbling experience.

"Two further members of our team and their immediate families have been touched by Multiple Sclerosis since we embarked on our challenge. As a result, we have included the MS Society in our fundraising to support the amazing work they do in supporting patients and families living with this condition. These charities are all very close to our hearts.

Major Orwin said: "Unfortunately due to the Covid pandemic we have had to shelve our plans to continue the next stage of our charity ride from Bilbao to Santiago de Compostela. However, we are still keen to support our charities who need our support more than ever this year and we plan to cycle 216 miles from Long Crendon to the Isle of Wight.

"To date we have raised more than £85,000 for our

charities and really hope that, with people's generosity, we can break the £100,000 total raised for our charities this year. This is our opportunity to give back and support those that need help the most."

Major Orwin, partner and head of new build at leading property firm Cushman & Wakefield, said: "I have just had an amazing offer from one of my clients who has offered to match fund £7,500, so if we get to £7,500 they will match up to £7,500 which will allow us to break the ceiling of £100,000 raised since I first embarked on this journey in 2017."

Tania Ansell, of St David's Hospice Care, said: "We're humbled and extremely proud that Sam has chosen to support us and raise funds to help us to continue to carry out our work in the community."

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