# Press Release | 25/03/24

**Cyclist embarks on 162-Mile journey to thank hospital for father-in-law’s exceptional care**

In a heart-warming display of gratitude, Kate Clark, a local mother of two and small business owner, has embarked on a mission to cycle three miles a day for a month and a half. She will cover a total of 162 miles to raise valuable funds for the hospital that supported her father-in-law through a lifechanging diagnosis.

This impressive challenge, which started in February and will continue through to the end of March over a total of 54 days, is Kate’s way to express her appreciation for the care provided by the King’s Lynn Queen Elizabeth Hospital (QEH).

The inspiration behind this charitable endeavour stems from the compassionate support Kate's family received during the medical journey of her father-in-law, 73-year-old Derek Clark. Last year, Derek was diagnosed with Myasthenia Gravis, a chronic autoimmune disorder in which antibodies destroy the communication between nerves and muscle. As a result his health took a severe turn when he faced breathing difficulties, leading the family to rush him to The QEH. It was there that he was diagnosed with pneumonia and sepsis.

Throughout Derek's treatment, Kate was deeply moved by the dedication and care exhibited by the clinicians and staff at QEH. In an effort to give back, Kate decided to channel her appreciation into a fundraising initiative, setting a target of £400 to support the hospital that played a pivotal role in her father-in-law's recovery. Less than halfway through her challenge, her fundraising total already sits at £380, giving Kate the motivation to keep going in the hope she smashes through her original goal.

Kate, who also copes with the challenges of fibromyalgia, a condition causing chronic pain, remains undeterred in her commitment to the cause. She said: “I have some health challenges, so I’ve chosen what I hope will be achievable for me. We’re very thankful for the staff at The QEH.

“Not only have they saved his life, but they have also been kind and compassionate to our family, taking time to make sure we understood what was happening and allowing us to spend as much time with him as we needed to.”

Cathryn Abbs-Rowe, Head of Nursing for Urgent and Emergency Care at the QEH, expressed her gratitude, stating, “On behalf of A&E, we were very pleased to hear of the positive journey which Kate's father-in-law had.

“I would like to express wholehearted gratitude to Kate for taking part in this challenge. The team appreciates her tremendous fundraising efforts and any donations made will be used to provide new equipment to benefit future patients.”

As Kate pedals through each day, she not only conquers the physical challenge but also symbolizes the strength of community spirit and the power of gratitude.

If you would like to help support Kate during her fundraising journey, please consider donating at [www.justgiving.com/page/klc](http://www.justgiving.com/page/klc)

For more information about the QEH Charity, please email [Charity@qehkl.nhs.uk](mailto:Charity@qehkl.nhs.uk) or call 01553 613309

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**Notes to editors;**

For media enquires only, please contact Communications Team, [media.enquiries@qehkl.nhs.uk](mailto:media.enquiries@qehkl.nhs.uk) or 01553 613216.

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