

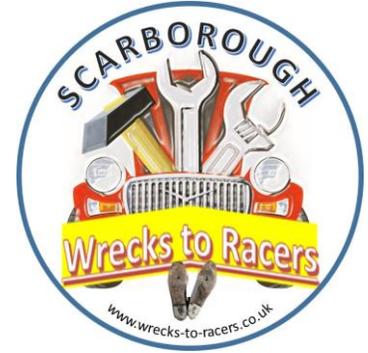
Press Release: 'Wrecks to Racers'

My name is Tim Bradley from the Scarborough district. My personal story is below.

My vision for a project to help disabled people – men and women – with an interest in resurrecting vehicles is also presented, which comes from my wife's inspired words to "find an old car to mess with". I did, and it did me good. That's what I want to share with others.

The main need I have to move things forward is premises to use.

Somewhere for what is in essence a "garage Shed". It needs access to a road but can be in town, village or rural. I'd love it for 4 vehicles, but two would be fine!



Tim Bradley 07971779289 / tim@retromotorman.co.uk / www.retromotorman.co.uk

My Story

I have had a severe back injury for around ten years. It has destroyed my working life, taken associates and friends away from me and I am in pain almost 24/7, even with substantial pain relief. Such a life-changing condition can bring with it loneliness, isolation and depression.

My family and close friends have helped immensely but they can only do so much. What I needed was stimulation and a new purpose. I am a lifelong car enthusiast and motorsport fan, but daily pain began to blur most of my previous interests or ambitions.

While sat watching the rain run down the window one day I realised that, like the rain, my life seemed to be trickling away. I had to do something! With the help of a close friend I joined a motor club and soon with the support of others, this led to me marshalling on rallying events. I found that, despite my disability there were ways to have fun. This led to my wonderful wife saying the golden words,

"Why don't you find an old car to mess with when the pain's not too bad?"

With the help of my son and friends we not only built a historic rally car but competed too!

What this gave me was a purpose, a sense of achievement and new friendships.

My Vision

I believe I can (and should) now help others who have found themselves in similar circumstances to me. I want to set up '**Wrecks to Racers**', a project for long term physically disabled people who are finding life difficult for the same reasons I did.

I intend to set up a simulated workplace with proper facilities, tools and equipment, a rest area, kitchen and toilet. Somewhere that people can get their hands dirty, learn or teach skills, have a voice in a project, show off their work, compete in the project they have completed and to form small working teams over a variety of disciplines.

Or, just have a chat over a cuppa with people who really understand them.

This project will promote camaraderie, friendship, increase wellbeing and enable disabled adults (to different degrees and in different ways) to regain confidence and a sense of pride.

Belonging

The project is aimed to help people who are disconnected because of their conditions and want to belong. 'Wrecks to Racers' also want to belong to likeminded groups and in this regard it identifies with the Men's Shed movement and the growing number of Sheds in North Yorkshire. We will register with the UK Men's Shed Association and have already received local support through them.

The Needs

I have some tools and equipment and a choice of projects of my own to get this idea started.

However, finding a workspace is proving difficult! Please, if you can help with this get in touch; premises in the Scarborough area to get this idea rolling is greatly needed.

If you can help or want to get involved contact:

Tim Bradley 07971779289 / tim@retromotorman.co.uk / www.retromotorman.co.uk