

# YORKSHIRE CHAMPIONS GROUP



**Geoffrey Render**

## Background Information:

I am from Burley area of Leeds. My dad was a bus driver and my mum did part time jobs she could due to mobility issues and visually impaired. I have dyslexia though was not assessed until I was 30. I left school with low grade GCSEs. I did enjoy community work. Using my own resources, I did sponsored swims for charities, one year even going round Headingley asking shops to sponsor me or donate towards a raffle I held at a rugby club where my parents were on the committee!

I was badly bullied at school. I was the child it seemed everyone hated. This effected my confidence for many years... and in a way still does. I left my middle school to go to another midterm.

I worked in support work for many years. I enjoyed the variety. The main place of work I enjoyed was supporting people one to one with their daily lives and developing life skills.

I did a part time degree in Health and social care at Bradford University. It was after this I was assessed as having dyslexia aged 30.

I always liked opportunities and taking them and wish I had enhanced them. (though looking back I wished i changed careers many years earlier). I was TV extra for many years. I sailed on tall ships with the Jubilee sailing trust. I enjoyed canoeing.

I bought a house and while working and studying my weight increased. Battling weight is something I always had issue with. I have always been terrible at sport but did it. I did lose weight and joined a gym. This changed my life and opened many opportunities over the years. After relearning to swim and losing a lot of weight, I swam the Great North swim. Over the years this went into triathlon and running. Part of my life since 2009 has been parkrun. The people have been support to me in so many ways over the years. This has led to so many opportunities and experiences. I have done park runs abroad through to run director at events. I would recommend taking part or volunteering at a parkrun to anyone.

2010 I fell off my bike on triathlon. I was diagnosed as having hypermobile joints, similar to my mum. Again I had to adapt, eventually despite physio's advice i did a marathon. Determined to do triathlon again I borrowed a recumbent tricycle and did triathlons on them. This developed in exemption of the triathlon rules.

In 2013 my mum died and my dad became ill. The next two years was commuting to Scarborough to Leeds to support dad with his appointments. In September 2015 my dad had a fall. I drove to Scarborough. On the way home two days later I had a stroke aged 37. My dad died a few months later. In an instant my life changed. Although I did struggle as support worker for a few years for few hours a week I had to give up. I had to look at my skills and knowledge and interests as well as managing the effects of my stroke which I still have today.

After seeing an advert for swim teacher I became a swim teacher which I do 11 hrs a week now and enjoy.

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Four weeks after my stroke was world stroke day and I was on the BBC Breakfast sofa. This led to job working with a peer to peer charity Different Strokes. My role is changing policy and raising awareness and education of strokes and their effects.

This did not stop me from new opportunities. Taking part in the world masters athletic championships. do triathlons, some of the experiences I have mentioned earlier like parkrun. I have become a track official. An expert by experience at Bradford university. The list is quite long.

## Sectors worked in and routes taken:

charity sport care work education.	

## What I would like to get involved in: (please tick)

Inspirational Talk	Visits to my place of work	Mentoring / Coaching young people	Other (please state)
✓		✓	