



‘Friends of Aengus – #BringHimHome’ to begin fundraising challenge of €50,000 with cycle from Mizen Head to Malin Head

Aengus Lyons is a 37-year-old man from Ballygawley, Co. Sligo. Passionate about sport, particularly soccer Aengus supports his local team Sligo Rovers. He loves music and has a keen interest in amateur dramatics. Aengus is a graduate of IT Sligo with a degree in Web Development.

On February 16th 2014, Aengus played an indoor soccer match that changed his life forever. During the game Aengus slipped, hit his head against a wall and snapped his spinal cord. Aengus suffered cardiac arrest; luckily, one of his teammates was able to resuscitate him. He was brought to Sligo University Hospital and later transferred to the Mater Hospital, Dublin. Aengus is now a quadriplegic, paralysed from the neck down.

Aengus spent over 2 years in the Mater Hospital before being discharged to the National Rehabilitation Hospital in Dún Laoghaire where he received his new powered wheelchair. On June 27th 2016 after 12 weeks in the NRH, Aengus returned to Sligo University Hospital. It was on July 13th 2018 after 4½ years Aengus finally left the hospital system and now resides in Woodhaven Therapy Centre, Sligo.

‘Friends of Aengus’ are a group of Aengus’ many friends who came together in November 2014 with the intention of fundraising. To date they have successfully raised much-needed funds for Aengus which has allowed him to purchase his own wheelchair accessible van. The group raised funds by completing a ‘Twin Peaks Challenge’ in 2015, which saw them scale the heights of Mt. Snowdon in Wales and Mt. Errigal in Donegal. In 2016 they held a successful ‘Mystery Movie Night and Monster Raffle’. There have been table quizzes and events along with online donations through www.friendsofaengus.com.

Friends of Aengus have come together once more with a fundraising target of €50,000, which will **#BringHimHome**. With the great support and generosity from the people of Sligo, Ireland and across the world Aengus can begin building his purpose built home in Ballygawley.

The ‘Friends of Aengus – #BringHimHome’ challenge kicks off with the first of a series of events on August 23rd with two Friends of Aengus; Terence Cosgrave and Richard Kilfeather, amongst others will take part in a 650km cycle from Mizen Head to Malin Head. The cycle will run over 3 days from August 23rd to 25th. On Day 1 they will cycle 220km from Mizen Head to Limerick. On Day 2 they will continue 220km to Sligo and on Day 3 the team will cycle the final 200km to Malin Head.

Friends of Aengus ask you to support the Mizen to Malin Charity Cycle and help Aengus with his purpose built home project and donate what you can. There is some funding raised, but Aengus will need an additional €50,000 to help cover the cost of the build. Each and every donation no matter how big or small will help **#BringHimHome** and is very much appreciated.

Donations can be made via www.friendsofaengus.com/donate