

## **Simon Perkin**

Warwick

Simon Perkin is a Warwick-based father of one who was diagnosed with aplastic anaemia, a form of blood cancer, aged 26.

After years of waiting for a donor, he finally needed two bone marrow transplants at Manchester Royal Infirmary before he could begin to rebuild his life.

Now aged 54, Simon is preparing to take part in the World Transplant Games in Gateshead 17-23 August.

He will be competing in the 5,000m, 1,500m, 800m and golf individual and pairs.

But he has never forgotten the impact of his illness, or the feeling of gratitude towards his German donor, who he has never met.

He said: "Three people every day die every day in the UK because they can't find a match and there are approximately 6,000 patients and families desperately waiting for that phone call to give that same second chance of life that I have enjoyed. I know how lucky I am, and I have spent every day working to make the very most out of every day of my life.

"I am grateful to have come through my experience, and to have beaten cancer. Every single day is a bonus for me. I do not see obstacles, only opportunities. I am proud to actively promote blood, stem cell and organ donation as a Health Champion. And my business is all about inspiring people to live a healthier life and for them to enjoy every moment."

Simon Perkin recently won four Gold Medals at the 2019 British Transplant Games Championships held in Newport, Wales.

He runs his own nutrition and mentoring business, and is Business Ambassador for the Coventry and Warwickshire Year of Wellbeing 2019.

He also runs a Facebook group called Get Fit Warwick (GFW), and can be reached on Twitter @perkinsimon and Instagram.

To read more about Simon's story, click [here](#)





