

### 3.4 Jackie, Mission Electric Trike

**Jackie was diagnosed with Multiple Sclerosis 18 years ago and tries to keep fit by walking but has told us that cycling is so much more fun!**



Jackie also struggles with her balance, so our cycling officers worked with her to find the right trike for her needs - her main goal was to enjoy cycling and have the confidence to ride wherever and whenever she likes on her own.

**“Coming here just gives me that bit more that I can do because I always feel like I can’t do anything because of the MS but I can! I use the Mission Electric, which is great, I don’t think I’d manage a non-electric as my legs wouldn’t be strong enough. I like to use my legs if I can, but the motor’s there if I need it.”**

Jackie had some coaching with our cycling officers and joined a weekly group ride to help build her confidence. She has now purchased her own e-trike to enable her to continue her cycling journey but still enjoys coming to Pedal Power for the camaraderie.

**“Before I used an e-trike I didn’t really know what to expect but it’s so much fun I just love it!! Everyone here has made me feel so welcome and even though I have a disability nobody makes me feel different!”**

