



IF you love the great outdoors and can't get out during the lockdown, what do you do? How about travelling the length of the Shetland coastline, all 1,679 miles of it, from your wheelchair at home?

That's exactly what 14-year-old Brynn Hauxwell from Shetland is doing with the help of his mum, Kim, and 11-year-old sister, Faith. He has a number of health issues, which means he is having to shield by staying at home.

Brynn was unable to complete the challenge he had set himself for this year "with everything that is going on in the world right now", so came up with the idea to push himself 1,679 miles (equivalent to the entire Shetland coastline) using an Invictus wheelchair trainer ("exercise rollers for wheelchairs!") in his garden. His mum and sister will be with him every step of the way, walking on the spot beside him and making sure he has enough food and drink to keep him going.

And this isn't the first time Brynn has taken on a wheelchair challenge. Last October he completed a gruelling 20k wheelchair challenge using a mountain trike loaned

by the charity Active Shetland, which helps children with disabilities to get out and discover Shetland. It enabled Brynn to buy his own wheelchair and he says it helped him rediscover a sense of freedom and the joy of being in the fresh air. Brynn says his life has changed so much from the opportunity to get outdoors, that he and his family are now official Ordnance Survey GetOutside Champions.

Now Brynn is giving back. He volunteers for Ability Shetland, and his coastline challenge aims to raise money for the charity through his JustGiving page ([tinyurl.com/shetlandbrynn](https://www.justgiving.com/shetlandbrynn)). He hopes to inspire other people to look at new ways of keeping active, and he is a true local hero!



Brynn with his sister Faith

Remember that the best way to protect yourself and other people is by staying home, and washing your hands regularly and thoroughly for at least 20 seconds.

For the latest, most accurate health advice, see:

■ [tinyurl.com/whocv2019](https://www.tinyurl.com/whocv2019)

■ www.gov.uk/health-and-social-care