


Jon's Story

Jon (59) has lived at Ravenswood Village – Norwood's residential community for 175 adults and children with learning disabilities in Berkshire – since he was 19 years old. He communicates via a light writer, a text-based keyboard for people with speech difficulties, and has weekly speech therapy sessions to improve his communication skills.

After getting on a bike for the first time five years ago, Jon is now an avid cyclist. In 2005 he rode a tandem in the 60-mile Capital to Coast Bike Ride having undertaken two years of gruelling training. Since then there's been no stopping him! He's cycled on three of Norwood's International Bike Rides; twice in Israel, and most recently through Vietnam and Cambodia. When he received his medal there, he showed his excitement by clapping his hands and jumping with sheer joy.

Jon has many interests and enjoys taking part in a variety of activities at Ravenswood Village.

When he's not lending a hand in the kitchen, he enjoys aero biking, swimming, shopping, train rides, handicrafts, writing letters to his family and listening to his vast music collection. Come rain or shine, on a Friday morning, you'll find Jon training on the tandem, getting into shape for his next Norwood Challenge!

 Jon Feuchtwanger, a Norwood tandem bike rider

Useful Links

[Norwood Challenges](#)

[Capital to Coast 2008](#)

[Front Rider](#)

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