

My dad is Peter Baker, and as he stated in 2003 my mum Judith Baker was diagnosed with relapsing remitting MS. At the age of 16, I had no idea what this illness was and just how much it would affect my family in the future.

Over the first few years I watched my mum's health deteriorate, leading to her having to give up working as a care giver to others and my dad struggle to come to terms with which seemed a rapid ageing process with my mum.

My parents were crazy enough to have 4 children, myself and my 3 brothers in which I believe we have all been very lucky with the support from our parents in the pathways we chose to pursue.

I was the last of the 4 of us living at home before persuaded by my younger brother to join him on the adventure of a lifetime in Australia after deciding to visit him on a family holiday with my parents.

Standing in Perth airport, April 2012, there is one phrase that sticks in my mind as the tears welled up in my dad's eyes "Who's going to keep me young?"

I have recently returned from my travels in August 2015, with a lot of life changes back here in the UK, both joyous and sad; the news of a nan being diagnosed leukaemia, the birth of my beautiful nephew, also the death of my dad's mother.

I couldn't help but notice the deterioration in my grandparents and mum in comparison to when I left and another change was my dad's attitude towards the fact that my mum has MS and the acceptance of this.

My dad has not only come to terms with this fact but has embraced it by dedicating a lot of his time to the MS treatment centre, meaning he gets to spend more time with my mum and meet extraordinary people at the same time that he is proud to call his friends.

He is a selfless man, spending his days aiding my grandparents, mum and his mother before she passed for many years; with me asking him, "when are you going to do something for you?"

Being given this opportunity to cycle Land's End to John O'Groats has sparked the passion back into my dad's life which he use to have in his competitive running days, giving him a goal to achieve physically, financially and psychologically; but more importantly is giving him the opportunity to do something for himself and prove to himself once again that he can have dreams and they can come true!

On that note, I just want to say I am very proud of both my mum and dad; my mum for coping so well with her MS and choosing to not let it run her life, showing such confidence and my dad for not just supporting my mum but so many others.

Dad... I am behind you 110% and have no doubts in your success!!