



Adam Bruce

Scottish Fire & Rescue

“The Charity plays a huge role in his life. I just think it's amazing you're still supporting him 15 years after leaving the fire service”



Adam Bruce is one in a million. At least, so he tells anyone he shares his story with. The former Aberdeenshire firefighter says not many people would have survived the accident he did 15 years ago, because the odds were stacked against him. Therefore, he says, he must be one in a million.

While driving at top speeds down a long stretch of road on his prized motorcycle, Adam swerved, hit the verge and crashed into a tree: “I can’t remember much about the crash, but I know I’m a very lucky person for surviving it,” he says. “I broke my neck and back in three places and had a very bad brain injury. I spent a year and a half in hospital afterwards.”

Aged just 24 at the time, Adam had been a retained firefighter for six years, fulfilling a lifelong dream to join the fire service. But he was medically discharged after his accident, and had to learn to adjust to a partially disabled life in a wheelchair.

He has since become a familiar face at Jubilee House, our centre in Penrith, visiting once a year to be in the safe hands of the nursing team, who provide round-the-clock care to beneficiaries with extra health needs. He can regularly be seen on the exercise arm bike for 30 minutes each day or working on his balance in the pool. He has also been supported by the Welfare Team, who bought him an exercise bike after seeing how well he did on the one in the centre.

For Adam’s parents, knowing he has somewhere to go once a year means the world: “It really gives us a break, knowing he’s safe there,” says his dad, Eddie. “As soon as he gets home, he’s anxious to go back, because everyone just gets on so well with him. The Fire Fighters Charity plays a huge role in his life. I just think it’s amazing that you’re still supporting him 15 years after leaving the fire service.”

www.firefighterscharity.org.uk/adam-bruce

Need help?

Call our Support Line today on 0800 389 8820 or visit www.firefighterscharity.org.uk/support