



Michael McGrath

CEO, The Muscle Help Foundation, inspirational speaker, explorer

CEO of the Muscle Help Foundation, inspirational speaker and explorer Michael McGrath may be the self-styled “black sheep” in a family of medics, but he still possesses a gift to transform lives. The driving force behind The Muscle Help Foundation (MHF), a multi-award winning charity he co-founded in 2004, Michael has also built a reputation as one of the UK’s leading inspirational speakers. Michael was diagnosed with Muscular Dystrophy (MD) in 1984, aged 18. Twenty years later, he made history, becoming the first disabled person to lead expeditions to the North and South Poles. These adventures inspired a new life plan and the creation of MHF that delivers highly-personalised experiences called Muscle Dreams for children and young people with MD and allied neuromuscular conditions – from interviewing Al Pacino to

meeting the England football team, MHF’s vision is to offer hope, inspiration and empowerment to beneficiaries and their families. MHF’s impact and profile has gone from strength-to-strength under Michael’s leadership. This year, MHF was named as the 2015 Official Team Charity of the Mercedes AMG Petronas Formula One Team. Michael was invited by The Queen in 2004 to a reception at Buckingham Palace in recognition of his “significant recent contribution to national life”. He was also a Paralympic Torchbearer, an honour that preceded MHF’s flagship programme that saw 75 beneficiaries from across the country fulfil their dream of attending the London 2012 Paralympic Games. As actor, director and MHF patron Kenneth Branagh says, Michael McGrath is a phenomenon.