

This message is for any son(s) or daughter(s) born as a result of me having donated to the LONDON SPERM BANK between mid 2020 and mid 2021.

If you find that you are inquisitive to the point that you wish to know a little about your biological “father” then I hope that this note will give you just a little insight to the man who has donated, thereby helping to create you.

So where do I begin? I’ll start by telling you why I decided to do this in the first place. By the time I had reached 40 years of age, I was happy career wise (will tell you about that later) and happy with how my life was going. However, I had no children and I always wondered what life would be like to be a father.

It also took me a couple of years (after reaching 40) to think about becoming a donor because I had (have) worries about the world and the trajectory regarding environmental matters, which, I hope and I am sure will be at the forefront of what you have been taught at school whilst you were growing up. I hope that by the time you read this, the world will be in a better state and “we” will be better and more noble guardians of our environment in which we live. I truly hope that this will be the case so that you can live the best and most nourishing life.

Career wise, I will be brutally honest with you, even when I was at school, I NEVER really knew what I wanted to do. Somehow though I seem to have turned out just fine. I worked in hospitality when I was in the late teens and early 20’s. I used to love being a waiter and also turned my hand at being a chef, as well as managing restaurants.

In my mid 20’s I then trained to become a Probation Officer, and in this role I used to supervise offenders with substance misuse problems. I tried to help them address their addictions in the hope of breaking the link between their drug taking and crime committed to feed their habits.

I then got a bit a bit fed up with being a Probation Officer. The reason that I got fed up was because the people who I used to supervise very rarely changed their lives for the better. One thing I learned from that part of my working life if you really want to change your life for the better, it has to be YOU that makes the change. If YOU do not want anything enough then it will be very difficult to muster up the motivation to better yourself. To something that you enjoy is also half the battle.

Given that I have experience with working in the criminal justice system I decided to join the police and at time of writing I have worked in this capacity for over 12 years. I have 12 more years to go until I retire. I LOVE being in the police. For me it really gives my life purpose. Of course it does not define me. It just happens to be what I do.

I recently completed and passed a driving course which means I can drive really fast with blue lights and two tones (sirens). I am a late bloomer in this respect because I did not pass my driving test until I was 33 and then I did not want to rush embarking on such an intensive and challenging driving course until I felt confident to do so. I thought I’d mention this because I want to say that it does not matter whether you achieve anything in your life when you are young or older. It will still be seen as one of life’s little wins. You can make yourself and those around you proud of you at any time in your life.

What do I do outside of work? Well, when I was younger, in my teens and twenties, I used to love clubbing and going out drinking, having great nights out with friends. Now I’m a bit older, I prefer

quieter days and evenings out down the pub and eating out. I love long walks, being out in the open. I love animals, cooking, gardening, exercise as I love going to to the gym and swimming when I can, do it yourself (DIY), and travelling.

I hope, I'm sure that you must know that for you to be here, to be reading this, you are the product of LOVE and I really do hope that you are living your best life. If there is anything in terms of any words of wisdom that I can offer you it's to be KIND and to make sure that you have PURPOSE in your life. If you do end up taking after me in some capacity then I hope that you have a strong work ethic but at the same time, like me, you enjoy every stage of your life.

By the time that you read this I'm sure that I will be enjoying my retirement somewhere. I am looking forward to that but of course I am loving being in the here and now, in my early 40's. Whilst typing this I am wondering what life is like for you, what you look like and what you will achieve in your life. I hope that it will be a great, that you will strive to achieve so much and make your parents all very proud.

Yours,

