



Thank you for helping us to raise money and awareness for Brain Injury sufferers to give them the chances of recovery.



**Some Background** - In September 2016 whilst working on Grand Cayman in the Caribbean I went scuba diving with a friend and when driving home I suffered a stroke. The stroke led to me crashing the car I was driving, into a concrete post. Thankfully, no one else was involved in the accident, but consequently many people have been and are involved in my recovery from my life changing injuries.

I received many injuries including a broken neck, complete paralysis on my right side and a traumatic brain injury (TBI). When I arrived at hospital in the Cayman Islands they contacted Ian and airlifted me to Miami where I stayed for a month. Once back in the UK I received intensive rehabilitation for nine months by Livability Icanho in Suffolk. Basically, my brain had split in two severing the nerves that connect your brain to your muscles and I needed to repair and rebuild these connections.

I have always had a very sporty background and know I enjoy more physical work. Waking up and becoming aware you are not allowed fluids orally until you learn how to swallow again and you can't physically use a toilet made me determined to be able to relearn the things that we all take for granted. After all everyone (including me) has had to do it before as an infant.

Treating the recovery process as a job/work has helped me to continue with rehabilitation by trying different approaches to tasks instead of failing and giving up. I took for granted how easy it is to walk around and I didn't realise how much I used to enjoy walking until it was taken away. It is very hard for someone who is able bodied to comprehend how frustrating it is not to be able to walk at all and being left in a wheelchair wherever the last person put you until another person comes along and moves you again. As soon as I could take a few steps I knew I wanted to achieve a bigger goal that was walking the length of the UK. So the plan is to walk from John O'Groats to Lands End completing an average of 10 miles per day.



**Zara** - I have been a qualified Scuba Diving Instructor since 2008 and stumbled across a diving job in Portsmouth where I met my partner, Ian. We have worked different jobs around the world from teaching Scuba Diving in Fiji, to guiding tourists around reefs in the Caribbean and nursing in New Zealand. I love exploring so Ian and I took travel advantage of living in different locations by visiting their neighboring countries too. We've never spent much money on material things as these can disappear, but experiences can never be taken away. Good and bad experience are all relevant and this challenge is another one we'll accomplish together



**Ian** - Since Zara's accident I have become her primary carer, which has given me a completely different outlook on life. I think that we all take the little things in life for granted, but until you have something taken away from you you really don't realise how important they are. As if the planning, training and preparation for the walk wasn't enough I have recently started an undergraduate degree in Business and Tourism. The journey so far has been tough but it gets a little easier everyday and to complete the walk with Zara by my side will be one of the proudest days in my life.

## The Walk

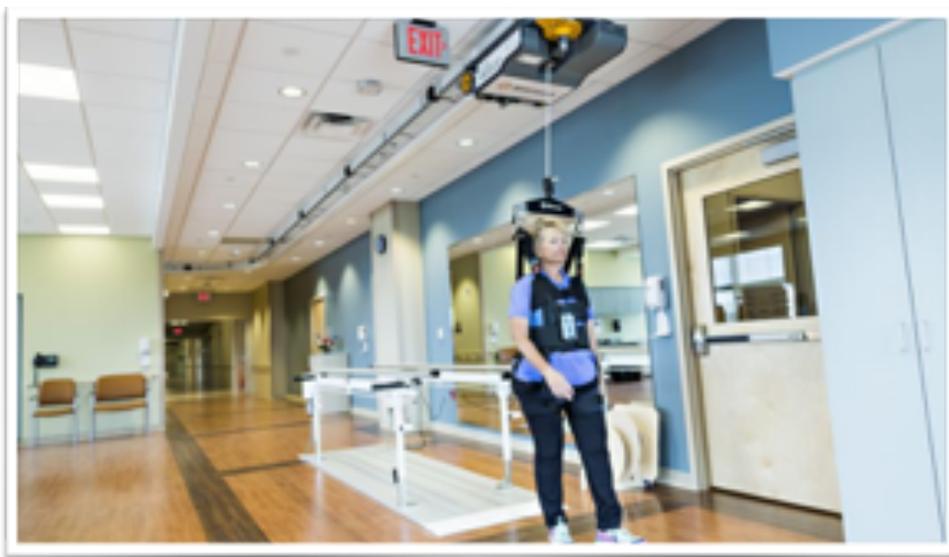
**Why** - Simply put, because we are determined to and will complete it.

This is a challenge that both of us need to train for and a new way for us to continue the motivation of recovery and hopefully motivate others with their recovery.

We are walking continuously, but we will have to take every day slower than the average walker. So, more chance to see Great Britain when it's not raining!

**When** - May 2019, but this is Great Britain and who knows when the snow will finish that year!

**Where** - North to south (downhill) from John O'Groats, Scotland and end up at Land's End, Cornwall. (1000ish miles)



# Your support will help to provide equipment like this

The Body weight supported training system is a task orientated technique for gait restoration after brain injury. It offers the opportunity for people to start gait training earlier in a safe way, learning to walk forwards, backwards, side stepping and negotiating obstacles while reducing the risk of falls. Adopting a standing posture with the harness support enables practice of activities of daily living and thereby accelerating the rehabilitation process.

Electrical muscle stimulation is a treatment that applies small electrical charges to a muscle that has become paralysed or weakened, due to damage in your brain or spinal cord. The electrical charge stimulates the muscle to make its usual movement e.g for walking

Designed with safety in mind with low, extra large seat and fully adjustable backrest that enables rider to place both feet flat on the ground while seated for stability. Enables co-ordination and balance practice and leg mobility when being seated is necessary

# Steps I've completed towards 1 Million Steps



Sponsor our steps and help us raise funds for the

**BRAIN INJURY**  
**CHARITY**



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Supporting Brain Injury Recovery  
Sponsorship Form

To donate any offline funds you have raised please complete this form and return to:  
 3 Million Steps, 9 Lorne Park Road, Lowestoft, Suffolk, NR33 ORD  
 Registered Charity No. 1180230

Make every £1 worth 25p more at no extra cost to you.  
 Gift Aid makes a huge difference when it comes to how much money we can raise to support people affected by brain injury.



**your Gift aid declaration:** If I have ticked the box headed "Gift Aid", I can confirm that I am a UK Income or Capital Gains taxpayer.

I have read this statement and want Macmillan Cancer Support to reclaim tax on the donations detailed on this form, given on the date shown. I understand that if I pay less Income Tax/or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

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