

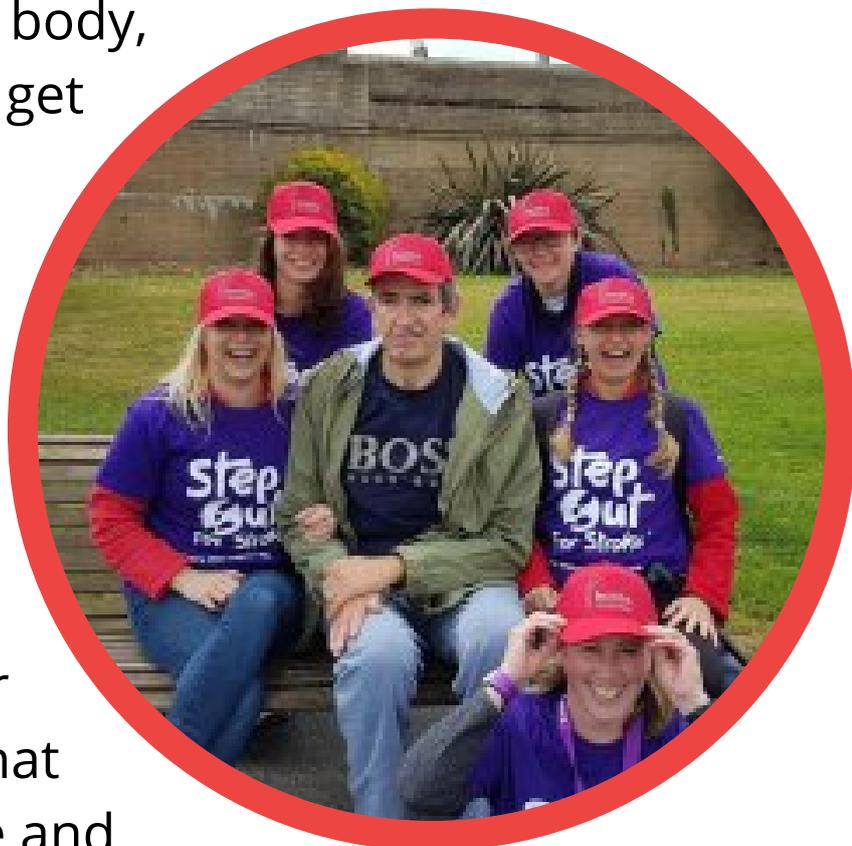
# Mark...

## I will keep fighting

I had my first stroke in February 2012 and had a 2nd major stroke at home. I was taken to Frimley Park hospital by ambulance, I don't really remember any thing until 2 months later I slowly awoke. I was paralysed from the neck down.

Following a three month stay in intensive care and numerous bouts of pneumonia I was transferred to Farnham hospital and carried on with my rehabilitation, with the help and support of my family the doctors & nurses I started to regain the use of my left side of my body, and started the long road to get some movement in my right side.

I first met Michelle at Hobbs South East on Christmas Eve 2012. I could only stand with a handling belt, and I had to be taken in my wheelchair into Hobbs, we discussed what my wants/expectations were and where I wanted to end up. After all the paperwork was done Michelle started her assessment of me and she made me feel comfortable and not so conscious of my disabilities.



She got me to take a few very nervous steps with my walking stick, and these were my first independent steps. The future wasn't as frightening as I thought and it gave me confidence to face it. It has not been an easy road and there have been dark times for me as I made progress. I am starting to walk with a walking pole and have found that I need to have goals to aim for no matter how small.



My targets for this year include driving for the first time in over 6 years, generally improving and getting more independence.

Michelle and the rest of the team at Hobbs have been very supportive during my time here. I am on a path and don't know where or when it will end. I have nothing but respect for Hobbs and their ability. Hobbs say you have to put a lot of time & effort into your recovery but Michelle/Hobbs are a part of my ongoing recovery.

I can't thank them enough for seeing past the shell that I was and getting me to this stage. I will keep fighting the effects of my strokes