

The Bulletin for the Wayne Howard Trust

Working in Hampshire to give advice and support to persons who have suffered brain injury, their families and carers.

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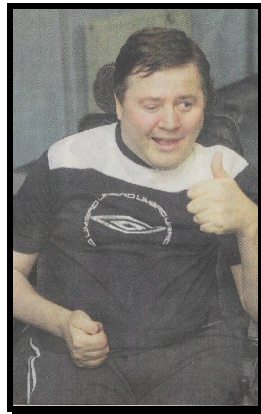
Wayne gives thumbs up to Therapeutics

MOTORBIKE crash victim Wayne Howard is standing and walking again with the help of specialist equipment.

The former Manx GP racer has been working with staff at the Therapeutics centre in Eastleigh, who have installed an upweighting system which allows him to stand and walk without being held by other people.

Isobel Howard, Wayne's mum, is pleased with the progress her son is making thanks to being able to use the facility, believed to be the only one available in the south. She said: "Although we haven't seen massive improvements in Wayne's memory, he continues to be fit, strong, happy and contented." This is mainly due to the high level of care and love he receives from living at home with his partner and his kids.

"Through the Wayne Howard Trust, we discovered the upweighting system and, for some time now, Wayne has sessions set up, not just by Wayne but by the team of therapists as well."



MAKING PROGRESS

Wayne giving a huge thumbs up in a session at the Therapeutics centre.

Visit our website, to view the Meridian TV Report on this article

A Big Heartfelt Thank You!!

To all of those that have donated to the trust...

*Southampton City Council
The Merrick & Heath Fund
Freemantle Women's Guild
Southampton Community Grant Scheme
Southampton Community Chest*

It is crucial for Wayne to not only bear weight (due to his injuries he has osteoporosis in his hips), but also to see himself standing as tall as he can in the mirror and learn to support his own torso.

The upweighting system, which supports the user's weight with a harness, is relatively new at Therapeutics and helps patients such as Wayne, 36, to walk again.

Penny Lilley, head of neuro-rehabilitation at Therapeutics, said: "Wayne has been coming twice a month for about six months now and he is doing really well." It used to take three people to support him, but now he can stand with the aid of this machine and take a few steps."

Doctor Reunited - Thanks for Everything

Wayne from Southampton comes face-to-face with the German consultant who first helped him on the road to recovery three years ago.

Dr Paul Schoenle is astounded with the progress Wayne Howard has made since spending two months at his top brain injury clinic in Germany. The pair were reunited during a talk organised by The Wayne Howard Trust, a charity formed by Wayne's family to help other people with brain injuries.

About 20 medical professionals, relatives and patients attended the event, at Eastleigh's Trojan Sports Club, to listen to Dr Schoenle who was guest speaker. It was his team of doctors at the renowned Schmieder Clinic who fitted the 37-year-old with a prosthetic leg and spent weeks rebuilding his muscles.



REUNITED!!

*Dr Paul Schoenle and
Wayne Howard reunited
during a talk organised by
The Wayne Howard Trust.*

The father-of-three is now able to walk with a frame thanks to the pioneering treatment made possible by Daily Echo readers, who raised £25,000 to pay for the stay in Germany.

Dr Schoenle said: "I am astonished at the progress Wayne is continuing to make. Mentally he is reacting all the time and when you joke with him he understands you. Physically he is still making good progress. He is being really well looked after at home by his family who are taking care of him and working with him."

Wayne, a former Manx GP racer, suffered brain damage and lost his right leg after the near-fatal motorbike crash. Now he is cared for by his partner, Tracy, at their home in Millbrook, where they live with their three children Jayd, 13, Jordan, 11, and eight-year-old Connor.

His mum Isobel, said: "We decided to invite Paul to give a talk because so many medics and relatives of brain-injured people wanted to meet him. "It was good to catch up. He is a very down-to-earth man and very approachable. He is incredibly important in his field and it means so much to have someone like him helping us. "Wayne is doing really well but it is an ongoing process."

*Many ask why we use the Bee in our logo,
Well we did some research and came up with this suitable anecdote.*

'According to the laws of aerodynamics used by airplane engineers, bees and other insects should not be capable of flight. Yet many insect species have been flying for over 300 million years. So how do they do it? They do it because no-one has told them they can't!'

*The same philosophy can be applied to those people who have suffered brain injuries -
we should not assume they can't!*

Let's help them achieve their full potential!

Levi Boswell...



In June 2003 our much loved, very fit son-in-law Levi suffered a catastrophic brain stem stroke at the age of 31 yrs old, after a planned surgery to remove a small neurofibroma between the C1-C2 cervical spine.

This has left him with Locked In Syndrome.

He is completely paralysed, and can only move his eyes up or down to communicate, he cannot breathe without the help of a ventilator, although his intellect is not affected.

What the family has learned through this is that after the first acute stage, there is very little in the way of good after care for people like Levi, and those with any kind of serious brain injury.

In our experience with Levi we have had to fight for everything, because in this country (U.K.) the rehabilitation services are just not there for people like Levi.

We were just presumed by the medical profession to accept that there was nothing that could be done for Levi, and to leave him in an unsuitable care home and get on with our lives... This was not going to happen.

One year after the event we heard about two families with young men who had been to a specialist clinic in Germany for intensive rehab. One of these was Wayne Howard, Isobel's son.

Isobel has since said many times, that if Wayne had not gone there when he did, he would not be here now. I think this is a testament to the methods that Prof. Schoenle uses.

After much deliberation we managed to get our PCT to fund Levi to stay in the German clinic, which is run by Professor Paul Schoenle. We found that the care and rehab that Levi received there was excellent, and nothing in this country comes close.

The whole ethic of caring for people like Levi is approached differently, from what we had previously found in this country. He made good progress there, mainly with breathing independently.

Sadly when he came home this summer, (his own choice) he was admitted to an acute London hospital because no other establishment could be found to take him. Because he is on a ventilator seems to be the main problem, most care homes do not take vent patients.

We are now in the process of trying to arrange home care for Levi, as we believe this is the only way forward.

We strongly believe that there should be a rehab and care facility in this country that offers what the German clinic does. We believe that there will be more need for this, as medical advancement is keeping more people alive, to live with the resulting disabilities, who would have otherwise died of their injuries.

My daughter and the two children of 4 and 8 years do not cope very well with the whole situation, and it would be a great help to them if Levi was receiving the good ongoing care that he wants and needs. So we hope that the meeting today comes up with some positive answers to help the overall situation in this country.

Our whole family strongly thank Isobel for tireless work and compassion for the cause, and thank Prof. Schoenle for coming over, and everyone else who will attend today. I am very sorry that I was not able to be there in person to meet you all.

Carol Beaney.

Complementary Therapies - Massage

Massage is a popular choice for people who wish to relax and take time out from their stressful lives. Many beauty salons, spas and hotels now offer this. A regular massage treatment can be a wonderful opportunity to really switch off and relax - something that many of us have forgotten how to do. However, massage is not just a frivolous treat. It can have significant benefits to health and well-being for people who suffer from a variety of mild to serious ailments.

It is a natural reaction for any mother to 'rub it better' when a child falls and hurts itself. This is a simple form of massage. You may remember the soothing feeling of your mother's touch, how it made you feel safe and loved, and how mother's magic hands relieved the pain. Touch is important in relationships to convey feelings of love and protection and for the recipient to understand that they are loved and valued.

Hospital patients can benefit immensely from a simple hand massage; it can bring a welcome break from medical treatment. Massage aids relaxation, lowers blood pressure and helps to release endorphins, which lift the mood reducing stress. Endorphins are also the body's natural pain relievers.

Massage - can play a valuable part in rehabilitation. Professionals are usually happy to involve loved ones in the patient's recovery and rehabilitation. Massage can also play a role in terminal care offering comfort and gentle communication. Generally pain can be relived for several hours following a thirty minute hand and foot massage.



*Deborah Knight MCThA
(Member of Complementary
Therapies Association)*

*Phone: 07870 284993
For more information visit:
www.revivetherapies.co.uk*

Getting Pampered – an idea from a volunteer...



*(L-R) Sylvia Callaghan, Julia Wigley
(Indian Head Massage), Maxine
Elliott (Back Massage), Olga Taylor
(Reflexology), Isobel Howard*

When Wayne had his terrible accident in August 2000, I was rather preoccupied looking after my ailing father. By the time the Trust had opened the Charity Shop in November 2004, my father had passed away and, with time on my hands, I took the opportunity of becoming involved with the Trust.

The Charity Shop was only open on a Saturday, at that time, and so I offered to open up on Friday mornings. My offer was gratefully accepted, I started in January 2005, and I have been working there ever since.

After seeing another advert, I came up with the idea of a "Pamper Evening" - although the title didn't present itself until after the flyers were produced! I knew of several therapists and after ascertaining their support, the evening was booked for 27th March.

Apart from one or two minor "getting going" hiccups, the evening ended up being enjoyed immensely by all, and raised in excess of £200!!

My grateful thanks to all those who gave their services free and who worked extremely hard, non-stop, for over 2 hours! The event was such a success, that a repeat event is being talked about for next year - so watch this space!

Sylvia Callaghan

The logo to the left means that The Wayne Howard Trust is a member of the Code of Charity Retailing and you will see this logo on our shop front.

Being a member of the Code means:-



- Our charity undertakes to abide by the mandatory regulations of the Code
- Our charity is a Registered charity
- We are a member of the Association of Charity Shops
- We meet the statutory obligations and do not bring the sector into disrepute
- All donations are sold to raise the most possible for our charity
- We treat the public with care and consideration

Being a member of the Association is not compulsory, however, the Trustees wish to demonstrate that:-

- they observe best practice and high standards in the shop
- the public can shop with confidence in the shop and support the charity
- the shop is legitimate

Displaying the Association logo is a mark of our dedication. Call into the shop, on 23a Church Street, Shirley, and see for yourself!

The Wayne Howard Trust Shopping Mall

A new way to shop and give, visit our online shopping site, here you can shop online for goods and services, you as a customer get the benefit of receiving the goods and services you want and we the charity receive a percentage of any of your online purchases as a charitable donation.

Whatever you can do to help us, we will value and recognise your contribution.

Visit us here http://www.4rcharity.co.uk/The_Wayne_Howard_Trust

Volunteer for a good cause!

Volunteers are needed NOW to help the Wayne Howard Trust to achieve it's goals of helping those who have been braindamaged and their carers and families.

If you have a couple of hours to spare each week you could help in the Charity Shop, or with general fundraising or as a Trustee to plan and organise the work of the Trust.

Whatever you can do to help us, we will value and recognise your contribution.

Have an idea for your own event?

If you are able to assist in running, organising and coordinating an event with us, contact us here:

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Upcoming Events for your 2006 Calendar...

Join us 29th October 2006 for our MASSIVE Song and Dance Extravaganza!!!!!!

Last year's event was absolutely amazing and out of this world, come join us for a fun and enjoyable night out. To be held at the Nuffield Theatre in Southampton further details of the tickets and other events for the night will be announced on our website and at our shop, on 23a Church Street, Shirley

If you are able to assist in running, organising and coordinating an event with us, contact us at the address below.

Daryl Boswell

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Footnote(s):

Stories originally written by reporters at The Southern Daily Echo.

More details and stories on the charity can be found at our website:
<http://www.thewaynehowardtrust.co.uk>