



Knocked down but not out

Don't give up - positive attitude shines through

BELMORE'S Blake Woodbridge joined staff and clients from Liverpool Hospital's Brain Injury Unit to mark Brain Injury Awareness Week.

Mr Woodbridge (pictured) sustained a traumatic brain injury after he was knocked off his motor cycle by a four wheel drive while riding to work on December 1, 2005.

When Blake awoke from a three month coma he was unable to sit, barely able to speak and unable to eat solid food.

"I remember it all being very hard in the beginning," Mr

Woodbridge said.

He undertook months of weight bearing rehab at Liverpool Hospital's Brain Injury Unit and was given natural therapies including Reiki and Bowen Therapy by his sister.

He said the most important lesson he learnt from his experience was not to give up on life and to have a positive attitude.

"I'd like to tell everyone not to give up until you get where you want to be," he said.

"The reason I have been able to get through this is because I have the right attitude, I am

very stubborn and will never give up.

"I also have very supportive people around me and a loving family.

"Some of the things I have done since my injury I do not see as remarkable goals. I see them as expectations, things I would always do.

"Driving was one of these for me. I recently got my full unrestricted licence. I knew what I had to do and it just took time to get there."

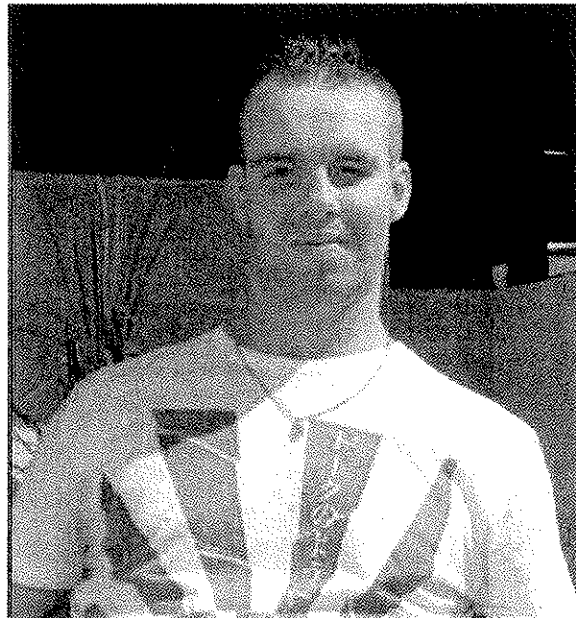
During Brain Injury Awareness Week, the Liverpool Hospital Brain Injury Unit launched

a Hall of Fame, featuring the successes and achievements of clients who undertook rehab in the unit.

Renee Dunne, diversional therapist at Liverpool Hospital said the Hall of Fame was designed to inspire clients to keep motivated in their recovery.

The Brain Injury Unit ran a number of activities to mark the week including a pamper day and photo shoot for female clients, where the staff turned beauty therapists.

They also held a multicultural lunch and screened a movie written by one of the clients.



Blake Woodbridge