

FORWARD

sia
spinal injuries association



RATES

DISPLAY ADVERTS	SIZE	PRICE	10% DISCOUNT
Full page	306mm x 216mm	£835	£751.50
First RH page	306mm x 216mm	£845	£760.50
Inside back cover	306mm x 216mm	£840	£756.00
Half page landscape	132mm x 193mm	£460	£414.00
Half page x 2 column widths	132mm x 126mm	£285	£256.50
Quarter page landscape	63mm x 193mm	£240	£216.00
Eighth page landscape	35mm x 190mm	£130	£117.00

CLASSIFIED ADVERTS

40p per word for members

70p per word for non-members

Minimum charge for an advertisement is £15 members and £20 non-members.

A small colour display classified (one column width x 7cm deep) costs £50 per issue.

10% agency discount is offered to agencies placing ads in **FORWARD** on behalf of clients and to full (spinal cord injured) members of SIA

Leaflet inserts can be arranged. Price on request

VAT at 20% will be added to all prices

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SPECIFICATION

SUPPLYING IMAGES AND PHOTOGRAPHS FOR PRINTING IN *FORWARD* MAGAZINE

- Images should be supplied at 300dpi and in CMYK or greyscale (black & white)
- They should be the best quality you can get. Always supply us with the original image file if you have one, no matter what the format. Unnecessary or improper conversions will reduce the quality of images.
- Please do not send images embedded in a Word, Excel or PowerPoint file, as the resolution will be too low and not suitable for printing purposes. Neither are images obtained from the web.
- Some digital camera images do not contain enough resolution for printing. Always set the camera to use best quality settings (highest MB) and choose 'no compression' before taking the picture.
- Image file formats preferred are JPEG, TIF, EPS or PSD.

SUPPLYING ARTWORK/ADVERTISEMENTS

- Quark XPress and InDesign PDF artwork should be saved as their 'Press' or 'High Quality' settings. Ensure that 'marks' are switched on and all colours are in CMYK mode (or mono). Fonts must be embedded. If your advert is a full page with bleed, ensure the bleed option is also on.
- Ensure fonts are converted to 'outlines'. Ensure other files linked to the artwork are supplied.
- Avoid: Microsoft Word, Excel, PowerPoint and Publisher as their unreliability at the conversion stage for printing, make them undesirable.

HEALTH: FATHERHOOD

FULFILLING MY DREAMS OF PARENTHOOD

As a newly-injured man in his early 20s, **Roy Hawkins** questioned whether he would one day be able to experience fatherhood. Here, he gives a very honest account of his experience of fertility and the joys that being a parent bring.

My journey began in 1992, when I was 24-years-old and I sustained a C6/7 injury. My SCI happened when I was on my way home following a game of rugby and a few social drinks with my friends. My friends and I sat on a wall and I fell backwards and broke my neck. I was taken to my local hospital and had my neck fixed, while I waited for three days for a bed to become available at the Salisbury SCI Centre.

On admission to Salisbury, they discovered that I had already developed a pressure sore and I had to spend the next nine months on bed rest. The period on bed rest gave me a lot of time to think about how the SCI would affect my life, and one of my major concerns was the ability of sustaining a relationship and the hope of having children in the future.

Years later I met my wife and we married in 2007. We discussed having children around the time as it was something we both wanted. Our GP organised an appointment at the Salisbury fertility centre, where we discussed our options for becoming parents. Once we had spoken with the fertility consultant it was agreed that intra-cytoplasmic sperm injection (ICSI) was going to be the best option available to us in consideration of my level of injury and my medical condition. ICSI differs from conventional in vitro fertilisation (IVF) in that the embryologist selects a single sperm to be injected directly into an egg. SAs: the technique was really useful to read before my



appointment, because it gave me a really good insight as to what options are available. We were lucky that two embryos implanted and we found out that my wife was pregnant with non-identical twins. We then started the long, exciting and nerve-racking wait for the birth of our twins, which was a little complicated with me being admitted to hospital when my wife was 35 weeks pregnant, and my wife then going into labour after a rather long labour my wife gave birth via emergency caesarean section to a healthy boy and girl. I cannot describe my emotions at this magical experience. My wife and I very much function as a team. I have a lie-in PM but they are very much centred round my care needs rather than helping with childcare. To begin with, when the babies were tiny, I had them using a pillow on my lap – either in my wheelchair or when sat on the sofa. I have very limited hand function but I found that I could hold a baby bottle to help with the milk top-ups after my wife had breast feed. Although I couldn't get up for the night time feeds,

I still woke and we used a similar system with me helping to feed at night too. I wasn't able to change nappies, bath or dress the babies, but I was able to help my wife with things like collecting baby goods, doing grocery shopping and generally supporting my wife where I could. Now the children are three years old and time has flown! We have made so many happy memories. My advice to someone with an SCI is to explore all your options and speak with the consultants also about the best options for you and your partner. Being a parent is hard work, any parent will tell you that, but the feeling of being able to push alongside my children while just the three of us pop down to the post office while my wife is at work is one of immense pride and gives me a massive feeling of independence.

ROY HAWKINS
SIA MEMBER

➔ If you would like to share your experience of parenthood following SCI, you can do so on our website's Message Board or by visiting our Facebook page. You can also visit our website and download our free Fertility and Parenthood factsheet.

EMPLOYMENT: VOLUNTEERING

GIVING SOMETHING BACK



BEN JONES

ARMED FORCES PEER SUPPORT VOLUNTEER
EMAIL: B.JONES@SPINAL.CO.UK

I sustained an SCI on the 16 February 2013. I was driving to my military unit having gone home for the weekend

to see my heavily pregnant fiancé. Before I knew it, I was waking up three weeks later in a neurological ICU in Southampton.

I was put in an induced coma because of my complicated injuries. I was told by a consultant that I had extensively damaged my spinal cord and it would be extremely unlikely that I would ever walk again. My immediate response was: "Whatever, at least I am alive to see my little boy!"

Once a bed became available in the Salisbury SCI Centre I was transferred there to start my rehabilitation. While I was there, they managed my SCI conservatively with extensive bed rest and a brace when I was allowed up.

On the 22 March my son was born in Birmingham and I didn't get to meet him until he was six weeks old. I did a total of 18 weeks on bed rest before I was finally allowed up in a wheelchair. Once I was finished at Salisbury I was transferred to DMRC Headley Court, which is the military rehabilitation centre. After developing

increasing weakness in my legs I was sent to the Queen Elizabeth Hospital in east Birmingham, for a consultation to look at the surgical options. In November 2013, I was admitted there for surgery, in which they did a pedicle rod fixation from T1-T6. After discharge from hospital I returned to Headley Court to continue my rehabilitation. My injury has made life difficult at times. For example, some shops don't have wide

enough aisles and socialising is very difficult as none of my friends' houses are suitable for me to get into with my chair. Being a permanent wheelchair user you realise how inaccessible the society we live in is.

Having my beautiful little boy come into this world so soon after my injury was amazing and has been my real driving force to push myself and get myself in as best shape as possible, to be the father I want to be for him.

I decided to volunteer for SIA because I feel that I dealt with my injury well and I would like to help others to overcome their injury and show them that there is life after an SCI. As a volunteer, I will be working predominantly with serving personnel and armed forces veterans that have sustained an SCI while serving or since leaving the military. I will also be doing my rounds in the West Midlands hospitals like the Queen Elizabeth Hospital, where the majority of military personnel go for treatment.

So far, I have been shadowing the Peer Support Officer for the West Midlands and also the Peer Support Officer for the Armed Forces. I have been to Oswestry SCI Centre and Queen Elizabeth Hospital with a Peer Support Officer to talk to newly-injured people, to offer any support I can. I would highly recommend volunteering for SIA as it gives you great sense of pride when you help someone through a difficult phase after injury.



➔ If you would like to volunteer with SIA's Outreach Team, offering peer support across the UK, contact our Outreach Services Manager Simon Pinnell via s.pinnell@spinal.co.uk or visit www.spinal.co.uk

EMPLOYMENT: WORK EXPERIENCE

EMPLOYMENT

DO YOU NEED VOCATIONAL SUPPORT?
CONTACT DAVE BRACHER AT
D.BRACHER@SPINAL.CO.UK



AN INVALUABLE EXPERIENCE

In previous issues of **FORWARD** you will have read about SIA's work experience programme with Network Rail. We are able to offer SCI people the chance to gain work experience with the national employer in a variety of roles within HR, finance, project teams and technical departments.

Katie Burton is halfway through her Work Experience placement and we caught up with her to see how she is getting on. Read about her experience of SCI and why she applied for this work experience opportunity.

In January 2008 after 18 months of persistent pain, I was diagnosed with an intramedullary tumour from within the spinal cord, coming out Spinal Cord Tumour from T8-T12. Within two weeks I had undergone emergency surgery after experiencing temporary loss of power in my legs. This surgery was a complete success, removing around 90% of the tumour. My incredible surgeon, Mr Barrie White suggested I name him. However, I lost the majority of the feeling in my legs and had to learn to walk again due to this change. I was discharged home after only seven days in hospital requiring outpatient physiotherapy and monitoring by MRI every three months for a year, then every three months thereafter.



NEWS: SIA AWARDS

AND THE NOMINEES ARE...

SIA's 2015 Rebuilding Lives Awards took place on the 4 June at the Hilton Birmingham Metropole. At the time of going to print, the winners had yet to be announced, but we wanted to share with you the names of all the nominees who were shortlisted for an award.

NOMINEES FOR THE 2015 REBUILDING LIVES AWARDS:

- Outstanding Achievement Award - sponsored by Bush & Company Rehabilitation**
 Jon Rice
 Warren Collier
 Elizabeth Smith
- Creative Arts Achievement Award - sponsored by Abbey King**
 Barry West
 Victoria Gordon
 Kath Jones
- Inspirational Achievement Award for Young People - sponsored by Bichell**
 Stadium Law
 Colum Sloan
 Robert Cairns
 Patrick Wilson
- Inspirational Achievement Award for Adults - sponsored by Total Community Care**
 Tony Morris
 Neil Elmslie
 Paul Smith
 Andrew Liddell
- Award for Innovation and Research - sponsored by Royal Brompton Hospital**
 David Smith
 David Smith
 David Smith
- Health and Wellbeing Achievement Award - sponsored by Pulse Community Healthcare**
 Martin Widdell
 Paul Pochman
 Marcus Delaney
- Vocational and Employment Award**
 Rob Smith
 Victoria Morris
 Jenny Scott
- SIA Community Star Award**
 Sophie Harrison
 David Hill
 Lady Gillian Howard
 de Nelson
- Sports and Recreation Award - sponsored by Red Chambers**
 David Fallett
 Tania Shewell-Peggs
 Shaun Newcombe
- Life Martin Award for Achievement**
 Ruth Pochman
 Emma Liley
 M. Tania Bion
- Outstanding Leadership Award**
 Sam O'Shea
 Claire Gay
 Martin McEldown
- Armed Forces Achievement Award - sponsored by Staller and Gordon Lawyers**
 Paul Dixon
 George Pias
 Sarah Thomas
- SIA Action on Special Care Unit Award - sponsored by SIA Healthcare**
 Khaled Nasheed
 Sarah Nuno
 Gertien Scharn
- Inspirational Career Award - sponsored by ICCM**
 Khaled Nasheed
 Sarah Nuno
 Gertien Scharn

It would like to thank everyone who took the time to nominate this year. We received some really inspiring nominations and it made the job of the judging panel even harder than last year.

The award provides an opportunity to celebrate the SIA community's ongoing hard work and the challenges they face. It is a great opportunity to acknowledge the individuals and teams who are making a difference in the lives of people with disabilities.

DAILY LIVING: RELATIONSHIPS / FASHION

A VIRTUAL AFFAIR

Research carried out in 2014 by dating website eHarmony suggests that by 2031, half of all new couples will meet online. This social change is a result of many factors but it's mainly due to the fact that we live in an ever-expanding virtual world.

With more and more dating sites appearing every day, when should you consider online dating as your first choice? It's a question that's been asked many times over the years. But what if you could find love online without all the hassle of meeting in person? That's the idea behind a new online dating site called 'Find Love'.

Find Love is a new online dating site that's designed to help you find love online without all the hassle of meeting in person. It's a free online dating site that's designed to help you find love online without all the hassle of meeting in person. It's a free online dating site that's designed to help you find love online without all the hassle of meeting in person.

FASHION

BODY IMAGE AND ME

JACKIE BAILEY

Body image is a topic that's been discussed for years. It's a topic that's often discussed in terms of how we look, but it's also a topic that's often discussed in terms of how we feel. Jackie Bailey is a woman who's been struggling with her body image for a long time. She's a woman who's been struggling with her body image for a long time. She's a woman who's been struggling with her body image for a long time.

FORWARD FOCUS

CELL TRANSPLANTATION / LATEST RESEARCH PROJECTS

SPINAL RESEARCH: PROGRESSION AND PATIENCE

Last October, we heard the exciting announcement of the successful treatment of a paralysed man in Poland. He was treated using a technique called cell transplantation, a technique discussed by Professor Ralsman. Here, he provides an update on this study and what lies ahead in terms of SCI research in the years ahead.

HEALTH: BONE DENSITY

BONE DENSITY AND SCI

The University of Reading is currently undertaking a project using functional electrical stimulation to improve bone density in SCI people. James Marchi provides an overview of bone density, how it changes following an SCI and what the research project entails.

HOW IS BONE MINERAL DENSITY MEASURED?

There are a number of techniques that can be used to measure BMD. A popular technique is 'dual energy X-ray absorptiometry' (DEXA). This is a non-invasive technique that uses two different X-ray beams to measure the bone density of the spine and the hip. The results are then compared to a reference value to determine the BMD.

WHAT HAPPENS TO BONE FOLLOWING SCI?

Healthy bone is alive and constantly remodeling through a process of resorption and formation. Following SCI, BMD decreases due to the loss of bone mass. This is due to the fact that the body is unable to maintain the balance between bone resorption and bone formation.

HOW CAN THE RISK OF OSTEOPOROSIS BE REDUCED?

There are a number of things that can be done to reduce the risk of osteoporosis. These include:

- Regular exercise
- Healthy eating
- Drinking alcohol in moderation
- Not smoking

FORWARD FOCUS

CELL TRANSPLANTATION / LATEST RESEARCH PROJECTS

SPINAL RESEARCH

With funding from the UK Stem Cell Foundation, we are planning a group of the patients to be operated on in London. Beyond that, we are exploring the possibility of producing the grafts via a catheter approach, which in the future could avoid the need for open surgery.

DAILY LIVING: HANDCYCLING

HANDCYCLING UK

If the interview with Jonathon Waters on page 15 has inspired you to try handcycling, why don't you give it a go at a taster day organised by Hand Cycling Association UK (HCAUK)? It's a great way to meet new people, learn more about the activity and receive expert advice and information from the team.