



FORWARD

Do you want to receive the latest news and updates from the spinal cord injury community?
Would you benefit from reading about the personal experiences of spinal cord injured people, and their families and friends? Would it help to read about key health concerns specific to spinal cord injured people, written by specialist healthcare professionals?



If you answered yes to any of the above, turn the page now for a sneak peek at the articles you could be reading today.



Your magazine...

FORWARD is a bi-monthly magazine published by the Spinal Injuries Association, the leading national user-led charity for spinal cord injured (SCI) people. It features a variety of topics for everyone affected by spinal cord injury, at all stages of life.



Starting a family

“When the babies were tiny, I held them using a pillow on my lap – either in my wheelchair or on the sofa. I have very limited hand function but I found I could hold a baby bottle to help with milk top-ups.

The feeling of being able to push alongside my children while just the three of us pop down to the shop is one of immense pride and gives me a massive feeling of independence.” **Roy**

Pursuing a career

“My experience of returning to the world of employment has been faultless, and this is due to both SIA's and Network Rail's support. It has been far beyond anything I could have hoped. I am now independent in my chair and confident that I can navigate the world. Going back to work has allowed me to be Katie again.”

Katie



Young ambition

“I love wheelchair racing and just competed in my first London Mini Marathon. I was so nervous sitting on the start line. The crowds cheered me on and I felt such a sense of achievement and pride as I crossed the finish line. One day I hope to represent Great Britain at the Paralympics and then go on to be a sports commentator.” **Callum**





Learning together

“My son Ethen was paralysed when he was 15 months old. Ethen attended our local mainstream school and successfully completed his GCSEs, including GCSE Art, after putting his mouth painting skills to good use.

“As he enters the world of employing a PA, we realise that we are still learning. We're grateful for the advice of all those who have taught us and continue to guide us as life evolves.” **Bradley**

Overcome with pride

“My mum sustained an SCI as a result of a spinal bleed. She returned to work as a nurse but retired later that year. She was desperately sad as she felt she had so much more to give.

“My family and I are so proud of mum – she strives every day to continue life as normal as possible. She is a fighter and I know she will never give up.” **Hannah**



Pain management

“Pain is a multi-factorial problem, which is challenging to live with and complicated to manage. Management is as much about trying to reduce the intensity of pain as it is about trying to reduce the suffering associated with being in pain. For this reason, treatment plans are increasingly targeting pain using multiple approaches.”
London Spinal Cord Injury Centre, Stanmore

Bone health

“Following spinal cord injury, bone mineral density decreases. There are a number of risks associated with this including bone fractures. This includes ‘low energy’ fractures during events that would not normally cause a fracture. There are a number of drugs and lifestyle changes that can decrease the risk of osteoporosis.” **James**



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Want to know more about SIA membership?

Membership of SIA is **FREE** and open to everyone touched by spinal cord injury. You will receive exclusive access to a variety of member-only benefits. For more information tick the appropriate box in the return section above, or contact SIA via the details at the bottom of this page.

Membership benefits include:

- Free subscription to **FORWARD** magazine for the first six months of your membership (full UK members only)



- Discounted rate on all **FORWARD** magazine advertising



- Access to advocacy services e.g. Continuing Healthcare/Social Care/Nurse Advocates

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Spinal Injuries Association
SIA House, 2 Trueman Place, Oldbrook,
Milton Keynes, MK6 2HH

Registered Charity No: 1054097
Registered Company No: 3175203

As a charity, we rely on donations and legacies from individuals to continue providing expert support to everyone touched by spinal cord injury.

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