

# REBUILDING LIVES AWARD 2018

## WINNERS

The following information is taken from the nominations for each of our award winners.

### SIA Volunteer of the Year Award

#### **William Jones**

William became a Peer Support Volunteer for SIA in July 2016. After sustaining an SCI in 2014 in a cycling accident, William has overcome numerous challenges and feels passionately that he can help other SCI people through their own difficulties. He is father of twins, born during his time in rehab, and readily shares his experiences of fatherhood from a wheelchair. On his volunteering days William visits newly-injured people and has been supporting the Peer Support Officer (PSO) in the south west on home visits. William is a cheerful and dedicated volunteer contributing to the wellbeing of SCI people and is a real asset to SIA.

### SIA Fundraiser of the Year Award

#### **Rob Groves**

At the age of 50, Robert sustained an SCI and during the last ten years has found a passion for handcycling. He has provided handcycles for children with SCI so they can get outdoors and keep active. Now 62 years old and recovering from cancer, Rob handcycled 2,500 miles in 27 days in July 2017, raising over £8,000 for SIA. He has now pledged to handcycle 10,000 miles in the next three years. Rob inspires so many people to never give up and over the next three years is sure to continue to inspire many more.

### SIA Healthcare Professional of the Year Award

#### **Alison Lamb - Midland Centre for Spinal Injuries**

Alison is not just another nurse. Alison's support and the way she calmly puts you at ease then explains what will be happening to you and how you will be supported is a wonderful help and reassurance. Alison is often the first contact patient and families have with the Centre and very much puts them at ease. Alison is passionate about treatment of people with SCI and will take on anyone who doesn't treat them in the right way. With two new surveillance nursing teams to help patients in the community and reduce visits to hospital, Alison has made sure that the new team were fully aware of the Peer Support Officer.

### SIA Rising Star Medal

The four winners of this medal are:

#### **Sarah Standish**

Sarah is a Family Counsellor at the National Spinal Injury Centre at Stoke Mandeville. Sarah exudes compassion and integrity, seeking to empower family members to be themselves again.



### **Dr Rebecca Ellis**

Rebecca has been in post only a few years at Pinderfields Spinal Cord Injury Centre but has made a marked difference to the lives of patients following injury. Through regular 1:1 sessions with inpatients, group mindfulness learning sessions and group chat for both inpatients and outpatients to attend.

### **Kimberly Fentem**

Kimberly is new to the discharge team at Sheffield Spinal Cord Injury Centre. She has a real insight and invaluable knowledge of the care needs of SCI people.

### **Lynne Morris**

Lynne came to work in at the Midland Centre for Spinal Injuries just over three years ago and she has been an integral part of the team since. Lynne is committed to working with other Spinal Cord Injury Centres around the UK and always puts the patient first.

## **SIA Outstanding Team Award**

### **Outpatient Department, Southport Spinal Injuries Centre**

This team of dedicated professionals works together like a well-oiled machine. Every day they greet past patients drawing on their knowledge to make people at ease. When assisting patients they are friendly, being led by the way in which individual patients need help. Nothing is assumed and no one is left feeling they can't ask for help. When explaining the answers to questions they ensure privacy. Within the department they resource raffle prizes every Christmas and Easter, raising money for the Centre. They work in a challenging environment but remain a constant in ex-patients' changing lives, never getting flustered, hardly ever leaving on time but always showing a welcome smile and genuine greeting.

## **SIA Inspirational Carer Award**

### **Judith Sallis**

Judith's husband Colin sustained an SCI and was eventually transferred to Midland Centre for Spinal Injuries in Oswestry. Judith was by his side every day, giving him the support he needed and staying strong for the rest of the family. Once Colin was discharged, Judith fought to get him into a nursing home, ensuring all his needs were met. Colin's medical history has not been smooth over the years but Judith has supported him throughout. As a result of Judith's dedication, Colin now has a great relationship with the Centre.

## **SIA Sports and Recreation Achievement Award**

### **Drew Graham**

Drew was injured three years ago in America. Once he returned to the UK, Drew was disappointed by the lack of specialist training facilities for wheelchair users within the area. Drew started his own charity, Pop-Up Gym, and successfully opened a specialist gym in Gateshead for people with an SCI. Drew continues to raise funds to enable him to transport gym equipment to community centres throughout the north, enabling SCI people to train in a local location. Drew is passionate about the health of SCI people throughout the region and is a true inspiration to others in getting his gym concept up and running. Drew taught himself how to mouth paint and has raised a large amount of the funds for the gym from paintings and cards.

## SIA Members' Choice Award

### Linda J Cain

Following an injury, Linda spent six months in rehab at the National Spinal Injuries Centre, before returning to work for Essex County Council until 2003. Linda has been involved in an array of projects, including creating the Chelmsford Area Access Group, to campaign for a barrier-free environment at local facilities and working with the local council to review planning applications, and influence the design of local developments. Linda is an avid traveller visiting Annapurna in Nepal, Machu Picchu in Peru and kayaking in the Galapagos, to name a few achievements. More recently she's been actively involved in supporting people applying for disability benefits and providing support to a group of women with SCI. She is a well-respected member of the SCI community and a wonderful role model inspiring so many with her positive mind-set.

## SIA Young Person of the Year Award

### Callan Rawnsley

Callan sustained a C5/6 injury in July 2016 when he was aged 16. During rehab he would speak to other younger patients, sharing how he managed to cope and move forward. He became involved with wheelchair rugby and competes for The Yorkshire Lions rugby team. Almost immediately after he was discharged from hospital, Callan returned to college to study Sports and Development Coaching, aiming to complete the Level 3 diploma. Callan regularly stays in touch with young SCI people and is eager to continue sharing his experiences.

## Paul Smith Award for Lifetime Achievement

### Geoff Holt MBE

Geoff broke his neck at C5/6 in 1984 and since then has dedicated his life to helping others share his passion for being at sea. In 1995, Geoff became Chairman of RYA Sailability, a charity taking thousands of disabled people sailing. In 2007, he became the first disabled person to single-handedly sail 1,500 miles around the UK and in 2010 became the first tetraplegic person to sail unassisted (other than his personal care), across the Atlantic Ocean, covering 3,000 miles. His efforts were rewarded with an MBE in 2010. In 2012 Geoff set up Wetwheels, a charity that takes more than 5,000 disabled people, of which 80% of the participants have never been on the water before, on a fully accessible powerboat. Everyone has the opportunity to drive the boat regardless of disability and share the experience with their family. Geoff is an inspiration and never stops helping others. He is a shining example of what can be achieved after SCI.

## The Stephen Bradshaw Award for Rebuilding Lives

### Linda J Cain

See nomination details under SIA Members Choice award