

Sue offers life after stroke

A COURAGEOUS woman who was left paralysed after suffering two sudden strokes is launching free workshops, which she will lead, to help those who have been through similar life-changing traumas.

Sue Ross, of John Barker Place, Hitchin, was paralysed from the neck down at the age of 26 following two strokes which left her unable to talk and meant she could not eat or breathe unaided.

A beauty therapist at Harvey Nichols in London, Sue had to swap her glamorous lifestyle for a year in hospital.

Seventeen years later, after overcoming many of her disabilities, re-training as a counsellor and winning a national Life After Stroke Award in 2005, Sue has set her sights on offering a service that just did not exist in her time of need.

The 43-year-old said: "When I first had my stroke there was absolutely nothing around to help.

"Twenty-six and in a wheelchair, I just couldn't handle it and the stroke organisations at the time only really dealt with older people.

"I got quite low and depressed and it was about five years later that I decided I needed to do something about it."

Sue will offer workshops providing emotional help to sufferers and enable them to get past the plateau or depression that often follows a life-altering condition.

She added: "If I can stop just one person from going through all the

rubbish I went through then it will be worth it.

"All the training is finally paying off and everything has been leading up to this. It's just unbelievable and it's going to be great."

Sue's Lifegeta project is being funded by UnLtd, a charity which supports social entrepreneurs, so is free to attend.

The first workshop will take place



■ Stroke victim Sue Ross DW10stroke

on Wednesday, March 31, at the Holiday Inn on St George's Way, Stevenage, between 9.30am and 4.30pm.

A second is scheduled for May 12 at the Letchworth Arts Centre, with more expected later in the year.

For more information or to book a place visit www.lifegeta.co.uk or email sueross@lifegeta.co.uk