

Sue's workshops bring hope to stroke victims

By Nick Gill



■ Sue Ross received an overwhelming response

A WOMAN received an overwhelming response from Comet readers after having her Lifegeta workshop featured in the paper.

Sue Ross, who suffered two life-altering strokes at 26 that initially paralysed her from the neck down, organised a free workshop in March to provide emotional support for those who have experienced traumas like hers.

As a result of the article published in our March 25 edition, Sue was contacted by a number of readers who had encountered similar problems.

One woman, whose life has been changed forever after waking up one day and suddenly not being able to speak or move her right arm, wrote to Sue via email and said: "Have just read your article in *The Comet* - what a relief!"

"Someone out there that will understand." Another email read: "You have given me such hope for my dear husband of 50 years who had a major stroke four weeks ago."

"I know this is going to be a long, arduous journey for us but with your example and spirit to inspire us, he will eventually be able to have a good quality of life again."

"You are really a ray of sunshine when we needed it most."

Sue, who lives in John Barker Place, Hitchin, declared her first workshop - held at the Holiday Inn in Stevenage - a "great success" and thanked *The Comet* "for getting a much needed message out there".

She added: "The positive responses from the original article have been so encouraging. It shows there is such a need for addressing the emotional effects of people who are suddenly disabled like me."

Gary Sanderson, spokesman for the East of England Ambulance Service, was also in contact and suggested that the service could work

alongside Sue to try and raise stroke awareness to the surrounding communities that they serve.

The 43-year-old's next free workshop is being held on Wednesday, May 12, at the Letchworth Arts Centre, Letchworth GC, from 10am to 4pm.

Bookings are also being taken for a further date in July, although the venue has not yet been confirmed.

Visit www.lifegeta.co.uk or email Sue at sueross@lifegeta.co.uk for more information.

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