

INSPIRING STORY OF BRAIN-INJURED MAN WHO CONFOUNDED THE EXPERTS

'They told me I'd never walk or talk again...'

A STANTONBURY man who defied a hopeless outlook after being severely brain damaged has written a book about his recovery.

Philip Watling says he was 'technically dead' after he accidentally stepped off a bus in front of a moving car, before

by Anna Sexton
anna.sexton@mkcitizen.co.uk

bouncing back into the bus.

He was told he would never walk or talk again – and certainly not drive or ride a horse, as he used to before the horrifying accident.

But within 18 months of that bleak prognosis he had done all of those things.

And the 37-year-old has now published a book about his amazing experience.

He said: "It's about my life, my death and my resurrection, and how the medical services in this country – which we all too often criticise – are incredible and should be marvelled at."

Philip was flown from the accident scene by emergency helicopter – and that flight to recovery forms a major theme through his inspiring story.

"On the Glasgow Coma Scale, which starts at three for 'dead' and 15 for 'normal', I was a five," he said.

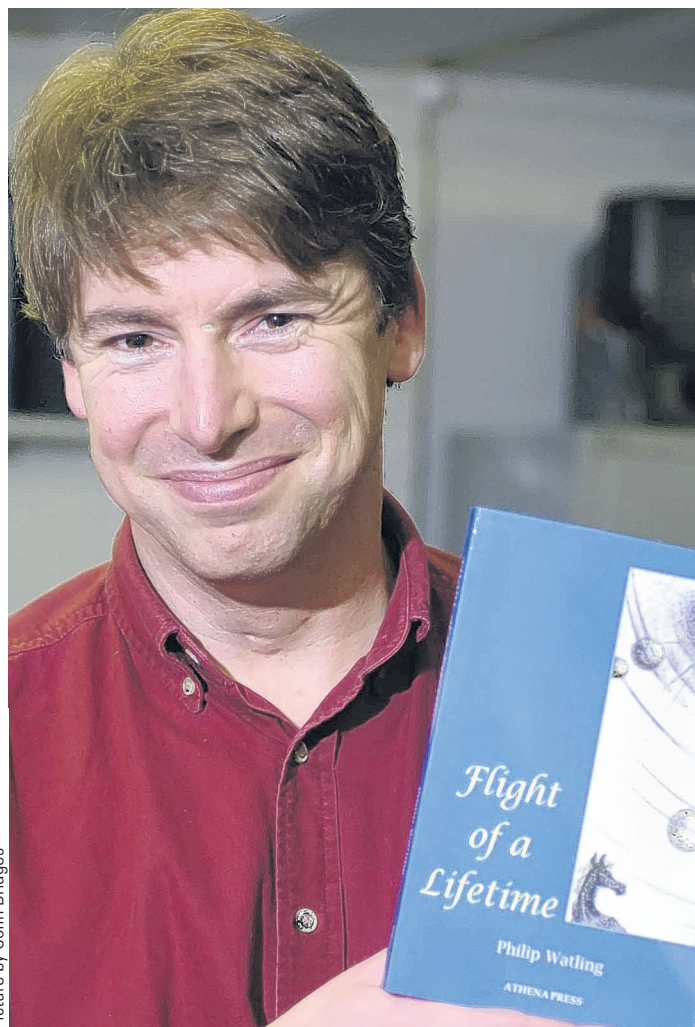
"With such brain injury, it's not just about the obvious damage to the brain, it's about all the little things and abilities that are destroyed as a result.

"But now all that's really left from the accident is a few minor things – I have a bit of a limp, and sometimes I struggle with my words and get an achy shoulder.

"It's amazing how the brain can relearn how to do things from memory, and parts of it that weren't used before injury can take over and do the jobs they were never originally designed for."

>> Flight of a Lifetime is published by Athena Press and available from the company's website www.athenapress.com or from Amazon at www.amazon.co.uk

>> Philip is closely involved with – and hugely grateful to – the Milton Keynes branch of the brain injury association Headway. For more information about the Neath Hill-based group, call MK 230555 or visit www.headway.org.uk



Picture by Colin Bridges

BACK FROM THE DEAD: Philip Watling of Stantonbury with the book he has written about his amazing recovery

MP speaks out on disabled girl's wait for grant

A GOVERNMENT minister has urged Milton Keynes Council to smarten up its act with regard to support for disabled people.

It followed a Commons question from Milton Keynes South West MP Dr Phyllis Starkey.

She asked the health minister: "What is the point in having enough occupational therapists if there is then – as in my

constituency – sometimes a two-year wait for people to get a disabled facilities grant?"

"Work was done for one disabled child in my constituency only because the NHS intervened and paid for the adaptations that the council should have funded.

"Otherwise he would have waited two years for an essential stairlift."

Minister Phil Hope said he

understood Dr Starkey's concern about waiting times varying from one council to another.

"I hope that local authorities throughout the country, including the one to which she referred, will pay attention to the importance of speedier access when somebody has a diagnosis and is clearly in need of some form of facility to help them with their condition."

Too much car parking, and too cheap, say Greens

LATEST transport plans will see too few commuters making the switch from car to bus, say the Greens.

The party has been reacting to the city transport strategy review in which Milton Keynes Council sets out long-term proposals for keeping the traffic moving.

The council aims to see bus use increasing by five per cent a year.

But the Greens say that is "not ambitious enough". Spokesman Alan Francis says the target should be a reduction in CO₂ emissions from the transport sector of 50 per cent.

"Unfortunately, the transport strat-

egy review will increase CO₂ emissions in absolute terms," he claims.

"We believe that the fact that Milton Keynes has about one third of the bus usage of similar-sized towns in the south east is due to the fact that MK has four times as much parking at a quarter of the cost."

imagine

UP TO
50%
OFF

SELECTED KITCHENS

Koncept
Interiors

modern living

COME AND SEE YOUR WIDEST CHOICE OF KITCHENS IN MK
ROT PUNKT GERMAN KITCHENS EXCLUSIVE ONLY AT KONCEPT INTERIORS

- Wide choice, made to measure service, retailers of various suppliers
- Virtual tour of your new kitchen
- In house Granite Factory offering you fantastic prices with a 1st Class Service
- Supply only or fully fitted including all building alterations

AUTHORISED DEALERS FOR



THE OLD FORGE, ST JAMES STREET
NEW BRADWELL MILTON KEYNES
MK13 OBH TUES - SAT 10AM-5PM
OR BY APPOINTMENT

Hotpoint BOSCH EEF FRANKIE

www.konceptinteriors.co.uk tel: 01908 317508

When it's all over, we can help you make a clean break.



When you know what your legal options are on separation or divorce, you've begun to take control. This is what Beth Woodward helps you achieve. She will work with you to reduce the financial and emotional impact on you, your children and your business. The aim is the negotiation of a settlement; for you really do both have to get on with your lives.

A trained specialist in collaborative law, Beth can offer separating couples an alternative to litigation. It gives them the chance to agree both what is right for their children and for themselves in collaboration with each other and their own solicitors in a series of meetings. And it avoids the potentially hostile route of litigation.

Beth Woodward can advise on this and all other aspects of divorce law to ensure you achieve a fair and equitable settlement.

Please call Beth Woodward today on 01908 304560, or e-mail her to see how she may help you: beth.woodward@neves-solicitors.co.uk

Neves Solicitors
Kingsbridge House
702 South Seventh Street
Milton Keynes
MK9 2PZ

www.neves-solicitors.co.uk

Neves
SOLICITORS

Our services include divorce and family law • collaborative law • company/commercial law • commercial property • dispute resolution • employment law • notaries public • residential conveyancing and wills/trusts/estates.