

# Overview

- A bit about me professionally
- What helped me at Haywood
- What didn't help me at Haywood
- What may have helped me at Haywood
- General and outputs
- Closing statement

# A Bit About Me Professionally

- Recovery status
- Expertise in computer security
- After my RTA, volunteering was my path to recovery

# What helped me at Haywood

- Having tasks to do, e.g. cooking
- Regular progress reports
- Lego sets from Ruth

# What didn't help me

- Confusion over job titles / roles
- Confusion over locations
- Wasn't prepared for outside life
- Attempting to explain how I felt

# What may have helped me

- Visits from trauma survivors
- Introductions to other patients
- WiFi / tablets
- Re-assurance of my intact brain capability
- More advice about coping strategies
- A 'discharge pack'
- Benefits assistance

# General and outputs

- Title of this chat
- Family support / depression avoidance
- What made Alex so special - empathy, not sympathy
- [www.wozny.org](http://www.wozny.org)
- [www.ineededtobeneeded.com](http://www.ineededtobeneeded.com)
- Guinea pig / inspiration

**(Very) personal closing statement**

**The National Health Service (NHS) saved my life...**

**...Ruth Hamlett saved my future**