

# Headway East Sussex Clifford's Story

In June 2002 Clifford suffered a major heart attack & subsequent hypoxic brain injury. This resulted in severe impaired mobility, no peripheral vision, short-term memory loss, lack of orientation and executive skills. Over the past 6 years, Clifford has been attending the gym at Headway East Sussex. He uses the gym to strengthen his muscles and improve his cardiovascular fitness.

*"This is the most beneficial service I receive from Headway as working 1 to 1 is best for me".*

He has two gym sessions a week at HES Newick and is also part of Headway's Community Exercise Programme.

It provides him with the skills to be more confident with functional activities like walking up and down the stairs and moving around his home. He feels his stability and confidence has improved and despite it being 14 years since his heart attack Clifford continues to make progress.

Clifford's goal is to return to playing golf as he enjoyed this before his heart attack, proudly sporting a handicap of single figures.

The focus has been on core strength and stability in the gym and many hours have been spent practising hitting golf balls across the grounds at Headway – no mean feat for someone who is registered blind!

*"The gym is the most enjoyable part of my day at Headway"*



Last year, Clifford partially achieved his goal as he and the HES gym supervisor went together to the driving range at his old golf club, where some of the staff remembered Clifford fondly.

He was able to hit some balls across the range and enjoyed being back at one of his favourite places.

This was an incredibly proud and emotional moment for Clifford, his family and his carers, something Clifford initially doubted he would be able to achieve.

