

## Sarah's Story

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Sarah from Port Macquarie was able to enjoy a break at Sargood thanks to the support of the Foundation and our community of supporters, with her 2 young children aged 8 and 10 and her husband.

The family are so relieved to be able to get away and enjoy some time together after a terrible 4 years. Sarah has lived with pain and uncertainty for so long since a work place injury with a horrible turn of events has left her with a spinal cord injury. The family are coming to terms with this diagnosis which they just received late last year

Being at Sargood has allowed the kids to be kids again – both assist with Mum's care at home – and Sarah has been delighted to see them be able to play and enjoy life without the constant worry and concern the family share for their Mum.

Dad can even have a bit of a break as Sarah is now able to join in activities with the children – they cannot wait to go snorkelling at Shelly Beach as a family.

Sarah says

*" This trip has made our family bond refreshed and stronger. Being in the ocean for the first time in many years was such a great feeling. We were all smiling and laughing which we haven't done in a long time"*

Sarah absolutely loves the water and a hydro pool has been an important part of her rehab – so to be able to enjoy the pool at Collaroy with our fabulous rec team is such a highlight for her

Sarah's really benefited from the experience and advice from the care team at Sargood – and it's also given the family a break from their own caring responsibilities too. Being able to learn new techniques and get some advice will give Sarah the confidence to seek new care options when she returns home

Back in Port Macquarie, the house is being updated to accommodate Sarah's injury and she's getting so much inspiration from the accessible features in place here at Sargood

Sarah says *"I just feel safe here – I'm not safe at home, I fear falling all the time and it worries my husband and kids too"*

We are honoured to be able to give Sarah, her husband and young children a break from life, to just be together and to reflect on what happiness the future might hold.

