

A personal Testimonial

For ö-Sel Nyima

Early in 2015 my wife suffered a head injury requiring 2 weeks in hospital, many tests and scans. It was then 4 months of steady recovery before she could start a slow process of going back to work. Starting at a few hours a week it was the end of September before she was fully back to work.

During these months I did have a few conversations with ö-Sel and found these very helpful. We then decided to help build my wife's confidence with a course set out by ö-Sel.

Returning from each session my wife did say that she felt not only mentally better but physically relaxed. Due to the nature of the injury my wife's confidence had taken a massive hit, slight but annoying memory loss, anxious when driving and an internal battle to get back to where she had been. Over the 2 month period with ö-Sel we saw a steady improvement in all areas, also being able to recognise problems and deal with them.

After Christmas my wife decided to take on things she had always said she wanted to do but would now set about doing. In May of 2016 she walked the 85 miles of Hadrian's Wall in 4 days, incredibly on her own.

We would both like to thank ö-Sel for the help she gave, we cannot measure the influence ö-Sel gave on the road to recovery but we both strongly feel that it was a major part of the journey.

I would not hesitate to recommend ö-Sel to anyone who finds themselves or a member of their family in a similar situation, recovery from any injury can knock confidence and affect the whole family.