



Angela prior to the incident

someone would be so concerned about themselves when they have left someone hurt so badly. It's quite hard to get your head around and your sense of worth is pretty much non-existent.

### I ended up spending a year in hospital.

During that time I was told that I was unlikely to walk again or live independently without support. I was going to have to let go of my job, my flat and everything I once knew. I was also told I wasn't ever going to have children.

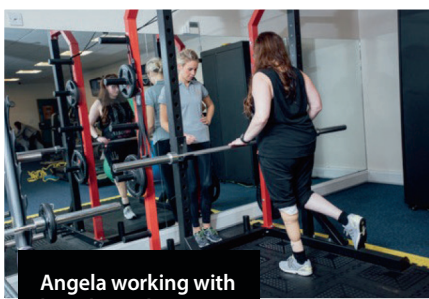
**Spending a year in hospital is a huge reality check.** While I was in the wheelchair, I started to understand what my life was to be, that I would have to wait for someone to help me. I didn't want my life to be like that, I knew I wanted better. Even in the very early stages, there was something in me that said this can't be my future because someone else made a mistake.

**We all have the ability to believe that things can get better – something amazing can come out of a hard situation.** During my time in hospital, I had plenty of time to think and it made me realise that I have a second chance at things; a second chance to make life better and I knew I had to make the best of what I have.

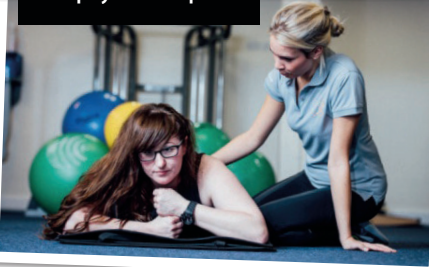
### I spent 13 years in physiotherapy, it took me 10 years to learn to walk again.

I could never have anticipated just how difficult this process would be but I slowly gained strength and self belief through my weekly sessions at Hampden Sports Injury Clinic, Glasgow. The physiotherapists there, in particular Sophie Vernon, pushed me through a range of exercises tailored to me and it was this personalised approach that got me to where I am today and I will always be thankful to her!

**I spent all those years getting stronger and I really wished that I had somebody to talk to or had heard a story similar to mine.** Someone I could ask if feeling scared was normal or if they had felt really excited one day and then really bad the next – was it all part of the journey? During my process of recovery there was a lack of support and guidance and to hear about someone else overcoming adversity would have given



Angela working with her physiotherapist



me a reference point. This is the core reason for creating The Reinvention: Triumph Over Injury – to offer support to individuals and families who have suffered the trauma of a road traffic collision.

### It has all happened very naturally.

I have friends who work in medicine and they started asking me to talk to people in hospital who had been through severe trauma and over time I realised that I could really do something. That's when I started my blog, I just want to share my story.

**Two years ago, I met my husband Christopher and with his support, we set up The Reinvention: Triumph Over Injury.** We provide one on one support, hospital visits, fitness mentoring and advice on the services that are available. We're committed to ensuring that individuals and families triumph over terrible events, like road traffic incidents.

### I don't want anyone else to go through an experience like mine and not have anyone to turn to.

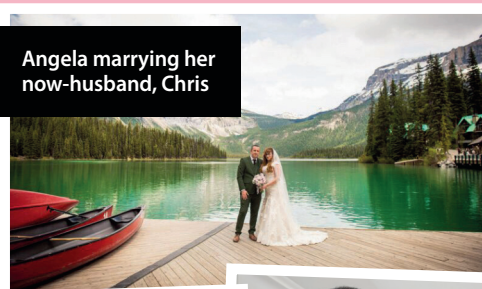
I think that maybe this is why all of this has happened; to help other people. I have learned so much on my journey and I can't just keep all these life lessons to myself – I want to share it with other people. I feel really honoured that I get a chance to help others and if I can give them short-cuts or guidance to make them feel that the journey they are on is a positive one, then everything I have experienced so far has been worthwhile.

### I believe that it's not what happens to you that defines you, it's the choices that you make thereafter.

I was told that I wouldn't walk again and I have and I was told that I wouldn't have a family and I now have a baby girl, Hannah. Losing everything taught me to fight for everything, there is nothing that can't be overcome and you will triumph over adversity.

Find out more about The Reinvention at [www.triumphoverinjury.com](http://www.triumphoverinjury.com)

## ANGELA'S JOURNEY



Angela marrying her now-husband, Chris



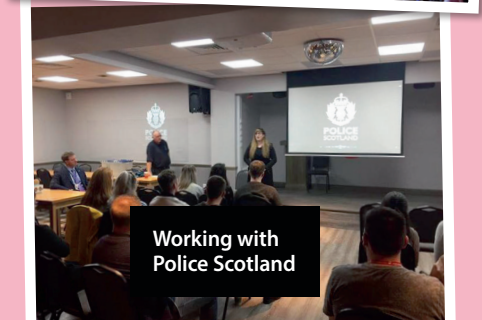
Chris and baby daughter, Hannah



Raising awareness



Angela speaking at the Matthew Hussey Retreat in Florida



Working with Police Scotland



Angela was nominated at No.1's Amazing Women Awards



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