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LAURA WHITE  
Brain Injury Support  
Advocate

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#### EMAIL

FOR ALL ENQUIRIES PLEASE EMAIL:

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OR  
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#### OBJECTIVE

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To support individuals with a brain injury or other traumatic injuries throughout their recovery process.

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#### SKILLS

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Qualified Personal Trainer (Level 3)  
Qualification in individual beauty therapy courses

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#### ABOUT ME

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In 1995 I sustained a Traumatic Brain Injury (TBI) from a road traffic accident at the age of 1 year and 6 months.

I am a Brain Injury Survivor and since the accident have gone through my own rehabilitation journey from childhood to adulthood which has led me to where I am today.

I'm here to share my journey to help raise awareness and support those on their own journey, as well as supporting families and professionals to have a better understanding and to find a better way to communicate with people like myself.

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#### KEY POINTS

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Life events I have experienced which I am able to discuss and offer support with:

- Going through own litigation journey
- Understanding my brain injury and how it affects my daily life
- Education
- Successful independent living trial
- Relationships (family/friends/partner)
- Courses/Volunteering
- Part time employment
- Physical activity and sport
- Owning and caring for animals
- Traveling abroad without family/support workers.
- Owning my own house, then moving home years later
- Having another family member with a brain injury

This list is not an exhaustive list and I would be happy to discuss other aspects of living with a brain injury.