Mind the Gaps

Minds that Misfire, Rewire, and Inspire
Stories of Life-Journeys with Neuro-Conditions

Essex Neurology Network

We plan to create a booklet that will bring together the life-experiences of people in Essex who have neuro-conditions. We hope it will be a powerful read and inspiring insight into people's experiences, which will generate understanding and change attitudes.

We hope to find Essex people, of any age, who have had experience of a neurological condition, who are willing to share their experiences of their diagnosis, treatments, rehabilitation, co-ordination of health services, on-going support, feelings and emotions, and any other issues.

We should like to invite you to write your own story of your neurological journey or the journey of someone you care for. Your story can be in the form of a written description, a poem, a photograph, or some other creative way of telling your story.

The journey you have been on, and how you have overcome so much, is a very positive and important message with which we hope to inspire readers. Whilst it is important to share the difficult situations and obstacles you have faced, we think that, if possible, it is important also to share how you have overcome these, so others can benefit and learn from you.

Here are some ideas to help you write your story (you do not have to use all of them):

* **When you first had your diagnosis**:
  - when did you first know you had a neuro-condition, how did that feel?
  - how were you diagnosed? How long did it take to get your diagnosis?
  - how long were you in hospital? Were you in ICU?
  - what help did you have in understanding your condition and coming to terms with it?

* **What has your journey been like:**
  - what symptoms have you had?
  - what treatments have you had, the effects of your treatment?
  - what were your highest and lowest moments?
  - who helped you and how?
  - what do you wish could have been done better?
  - the good and the bad things about hospital
  - getting home & managing at home - What help did you have?
  - what helpful things can you remember about people, or places you visited, for help? How did people communicate with you?

* **How do you feel now:**
    - how are you now? What on-going symptoms do you have?
    - how are you coping with your new, quite different life,
    - what future goals do you have?
    - what have you learnt on your journey?
    - do you have any support or a carer?
    - what do you reflect on in your thoughts, feelings, and experiences?
    - what have your learnt?
    - how do you feel about your future?

To be part of this exciting project we kindly ask that you agree to the terms & conditions:

- you should live in Essex;
- your story should be your own story or that written by a parent, partner or other close relative or carer;
- you submit your story in the form of a written description, a poem, or some other creative way of telling your story;
- your story must be limited to about 500 words;
- the names of hospitals, consultants, doctors or other staff should not be included;
- relevant photographs or art work are also welcomed;
- it may be necessary to edit or spell check entries, at the editor's discretion;
- you give your permission for us to use all, or part, of your story anonymously in other media settings such as Facebook, Linked-In or our newsletters or website.

Thank you for your help,
We look forward to receiving your story
Please email it, along with the attached form to:
essexneurologynetwork@gmail.com

by the closing date for entries - March 14th 2026

Essex Neurology Network is a voluntary association with over 360 members,
who all have an interest in neurological conditions,
whether they are people with neurological conditions themselves,
their families or carers, professionals or other voluntary sector organisations.
For more information about ENN, see our webpage:
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