

Court believed they could do anything with it – possibly that it was just a pipe dream – but offered it anyway. “But we have a strong belief in that motto that “everything happens for a reason,” and we decided to take up the challenge,” Tommy told me.

The Get Busy Living Centre was described to me by Matt as, really, a One Stop Shop. It provides the beneficiaries with a variety of needs ranging from physical treatment, physiotherapy, full gym facilities and highly important, the chance to discuss, and have conversations with, people suffering similar problems.

“The amazing thing is, that those who have been participating in the GBLC do soon realise just how much of a family it becomes, and how much interaction takes place. There is a genuine feeling that not only are care and help provided, but new friendships form and even after their treatment is over, they still want regular visits to the centre to continue,” Matt explained.

“There is an understanding that they can take more charge of their lives, build up an independence and restore their confidence in finding just how much they can actually do. Previously, life had offered them chances to take part in various physical activities in which in many cases, they became highly involved. When that part of their lives suffered a sudden departure, many were left with facing problems that they never really anticipated.”

Another important aspect that is offered by GBLC is that of time. In many health centres, once treatment has finished people are discharged. Here treatment goes on for as long as it is required as the aftercare help is given according to the individual needs. Healing comes in two parts. The putting back together of those physical parts of the body that have suffered injury, and then the mental healing that will take time and understanding by both the patient and the carers. The Centre does not have a timetable as such for each beneficiary. Every person is an individual whose needs may well differ from another with a similar injury. I asked Matt and Tommy about the various sports accidents, and whether any one sport produced more physical problems than another. “Although Rugby is a very physical sport, there are not that many major injuries when you look at others like cycling, motor sports and horse-riding events. Many of the injuries are probably best classed as freaks and seemingly happened out of the blue for no apparent reason,” they told me.

It was becoming very clear to me that the Get Busy Living Centre was very much involved in helping individuals to move forward with their lives. Finding out what they would like to do with their future and how that could be achieved, plays a key part in the work being carried out here. Once the physical healing is



underway, the possibly longer period of re-building the life begins. I cannot emphasise enough just how much effort, care and support, Matt and his team are putting into GBLC. Plans to extend the building are in hand which will provide more room and easier access to equipment. There is a satellite unit that is operating in Newcastle, a small one in Scotland, and Matt is hoping to have a further unit in the south of England. I also wanted to know how GBLC is funded. “We are self-funded and don’t have any grants or funding from the Government. Our annual running costs are around £1.2 million and, of course, rising each year. We would love to have sponsors on board – raising so much each year is always extremely difficult,” said Matt. I may well have said this before, but meeting such remarkable people like Matt – who together with his team are doing an incredible job helping people regain their lives – is a real privilege, and I was delighted to have the opportunity to visit the Centre.

I am very grateful to Matt and Tommy for giving me their time to learn about the Get Busy Living Centre.

If you would like to know more about the Centre, find out about the events taking place, or wish to help with donations or sponsorship, do visit their website:

www.matthampsonfoundation.org You can make contact on 01664-454155 or by email to Tommy on: tommy@hambo.co.uk

