

## SPOTLIGHT: DR ALISON SANSOME

Every issue we will be talking to a member of the Sunflowers Team with the hope this helps you to get to know us all really well! This season we have been talking to Dr Alison Sansome, Consultant Community Paediatrician, who visits the children and young people at Sunflowers every month.



### What 3 traits define you?

Always a tricky one so I asked my daughter hoping she might say kind, caring and thoughtful, but she said "Stubborn, ambitious and workaholic".

### What's the one thing you can't live without?

Despite those lovely comments above, I could not be without my family.

### What's the greatest challenge you've overcome thus far?

I naively agreed to do something called "Go Ape" which involved climbing through the tree tops on ropes and abseiling down a zip wire. I have the certificate to prove I did it!

### What is the one thing that you can't resist

I think everyone knows that - Cadbury's Chocolate Buttons! Large ones of course.

### What is your greatest fear?

I love all animals but am quite uneasy with snakes.

### What is your favourite thing to do?

I love to play Oboe and Cor-Anglais each week in a local Orchestra.

### Which one would you most want - to be able to fly or be invisible?

Given that I don't like flying it would have to be invisibility. I would love sneaking up on people - there are a few conversations I would like to listen in on.

### What has been the most important innovation you've witnessed in your lifetime?

When I first went to university we wrote everything by hand and used a library with books in it. The greatest change to life and the way we work has to be computers and the internet.

### What would you do for a career if you weren't doing this?

My back up career was running a flower shop where I could buy all sorts of exotic plants and spend my day doing flower arrangements.

### What do you prefer - night at home with friends or a big night out?

Definitely a night at home. I love cooking and experimenting with new recipes - but I am not quite so keen on the washing up!

### What's the best thing about Sunflowers?

The joy and support it gives to the children and families.

### In 20 words or less, describe your role at Sunflowers

I am the Doctor at the end of the phone or email when there is a medical problem to solve.

## Welcome

The leaves are golden, the nights are darker, there is a smell of bonfires in the air and Summer is over for another year. Welcome to our Autumn edition of the Sunflowers Flyer.

We have had a very busy few weeks and there have been some very spooky goings on!



## SUNFLOWER GROWING COMPETITION UPDATE

And the winner is... Little Miss Green Fingers (you know who you are) who grew her sunflower to an impressive 176cm. Well done to you, brilliant effort! Little Miss Green Fingers is now the proud owner of the 1st Prize, a soft cuddly puppy by the name of Ted and the title of Champion Gardener.



Well done **Abbey Jones**, Sunflowers Health Care Support Worker, who's just started training to become a Children's Nurse. We know you'll be brilliant!

If you'd like to know more about Sunflowers, why not visit our website or Facebook Page? There is lots of information and photos to share with you [www.sunflowers-care.co.uk](http://www.sunflowers-care.co.uk)

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## A RIGHT ROYAL MEETING

Many little girls dream of becoming a Princess but not many actually get to meet the Queen! Congratulations to Darcy for presenting Queen Elizabeth II with a bunch of flowers on behalf of her school. Darcy has been practicing her curtsy with her physiotherapy team and it was absolutely perfect. Well done Darcy, we are very proud of you.

*Darcy and her Mum in Newmarket*



These are our official Christmas cards and can be purchased from Sunflowers (our address is on the back). Designed by our lovely little sunflowers, they are £5 for 12 cards and available in either one design or mixed packs. All proceeds go to Support 4 Sunflowers.

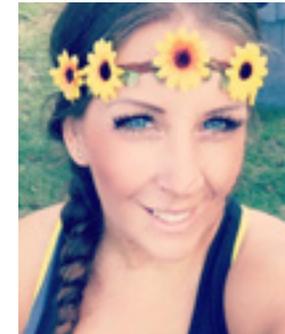
# UPDATE Support 4 Sunflowers

The wonderful work of the charity *Support 4 Sunflowers* continues.

Thanks to all of our supporters including the Twinkle Star Children's Trust, Cottenham Co-op and CP Foods, Cambridge Female DJ Collective and New

Wellington, Newmarket for their kind and continued patronage.

Our very own Jenna Frost (pictured), is running the London Marathon in April next year for *Support 4 Sunflowers* and WellChild. To help



Jenna raise the entrance fee we will be holding a Charity Ball in the Spring. Watch this space for further details.

*Support 4 Sunflowers* is also currently raising money to purchase a fabulous 'Magic Carpet' which is interactive sensory flooring. Again, we will keep you up to date with progress in the next issue.

## What is... Acquired Brain Injury (ABI)?

In each edition of The Sunflowers Flyer we will be looking at a medical condition to help raise awareness and understanding

Acquired Brain Injury (ABI) is divided into two categories:

- **Traumatic brain**

**injury (TBI):** which happens when there is an impact to the head. This is usually the

result of an accident such as a car collision or a fall from height.

- **Non-traumatic brain**

**injury:** this is as a result of a disease process affecting

the brain such as a stroke or meningitis

Many children require intensive therapy to help them recover from an ABI and improve or relearn

skills they might have lost. This needs the support of many professionals such as physiotherapists, occupational, speech & language and music therapists, specialist neurology teams, schools and community teams to name but a few!

At Sunflowers, we see many children and young people who've had an ABI and we work as a team to help them get better.

There is lots of support available and these links have further information:

- [braininjuryhub.co.uk](http://braininjuryhub.co.uk)
- [childbraininjurytrust.org.uk](http://childbraininjurytrust.org.uk)

