



Press Release

Immediate Release

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Liverpool Neuro Hospital Praised by Head Injury Patient

A young Liverpool man supported at Cygnet Paddocks in Widnes is preparing for the next chapter of his life after making significant progress in his recovery journey, overcoming the long-term impact of a traumatic brain injury sustained in childhood.

At the age of 13, Sal was involved in a serious road traffic accident while travelling to school. The accident left him with a life-changing brain injury and he spent several weeks in a coma at Alder Hey Children's Hospital in Liverpool.

Reflecting on the incident, he said: "I was in a coma for a few weeks. When I woke up, I was asking, 'Where is my mum and dad?'"

Following his head injury, Sal returned to live at the family home but struggled with the difficulties he was experiencing. Over the years, he moved between different settings, including specialist brain injury services, before eventually being admitted to Cygnet Paddocks in October 2024, a specialist Neuropsychiatric rehabilitation service for men run by Cygnet Health Care in Widnes.

Staff worked closely with him to help build his independence prepare him for a successful discharge into the community.

When he first arrived, moving into a more independent living environment presented new challenges. However, through a personalised programme of support, he has developed the skills and confidence needed to manage day-to-day life more effectively.

"The staff at Paddocks are very helpful and very kind," he said. "They're easy to talk to and they're always there when I need help. They helped me understand myself better."

Katie Condliffe, Cygnet Health Care Clinical Manager, said: "When he first came to us, the aim was always to support him towards greater independence. The step up was challenging at first and there were expectations around what that would mean for him.

"He came to us as a young man moving from his teenage years into adulthood and has worked incredibly hard to overcome those challenges. He has learned to

regulate his emotions, developed patience and engaged fully with the support available to him."

A key part of his recovery has been learning how to understand and manage his emotions. Through regular therapeutic sessions, he developed strategies to cope with frustration and express his feelings in a positive way.

"They used to do sessions with me and help me understand my emotions and how I was feeling," he explained. "They helped me learn what to do instead of getting angry or throwing things."

One of the most successful outlets for self-expression has been music. Staff recognised his passion for rap and worked with colleagues across Cygnet to arrange opportunities for him to record his own tracks in a professional studio environment.

Katie added: "His raps are amazing. He's written several songs about his experiences and how he feels. We were able to connect him with a recording studio, where he recorded a number of tracks that have since been published on YouTube and put onto CD."

His music explores themes including his brain injury, his family and his personal journey of recovery.

"I found a good way to express my feelings and feel a bit better," he said.

Alongside developing creative interests, he has also made significant gains in practical life skills. He now manages his finances more independently and continues to build confidence in everyday tasks.

Looking back on his journey, he reflected on the determination that has carried him forward since the accident.

"My dad used to hold my hand when I was learning to walk again," he said. "The physiotherapists at the hospital helped me through sessions to get me walking again after the accident.

"I've learned to control my emotions and I've learned a lot here. I'm much better now."

As he prepares for discharge, staff say his progress has been inspiring.

"The staff are so proud of how far he has come," said the clinical team member. "The young man who arrived 18 months ago sometimes struggled to manage his emotions, but today he is patient, thoughtful and focused on his future.

"He has been able to engage with the process and put the work in. We have simply supported him along that journey. He has achieved so much and we are incredibly proud of him."