



bright grey®

Protection. We make it personal

I used
Helping Hand to
recover from my
stroke

Howard's story

“Jan was there every step of the way, not just for me, but for my family too”

When Howard Tighe suffered a stroke, he was told it was unlikely he would work again. But thanks to Helping Hand he was back to work after 12 months.

Howard was just 41 when he suffered a stroke in July 2004. He was married with 2 young children and ran his own business. Fortunately he was covered with Bright Grey, which meant that he received a £74,869 payout from his plan when he claimed.

But Bright Grey menu plans offer much more than just the financial support. Howard also received assistance from his own nurse adviser, Jan, and benefited from a series of physiotherapy sessions that helped him recover and return to work.

According to the Stroke Association recovering from a stroke often depends on how much follow-up treatment patients receive. The NHS can only provide a limited amount, which means some patients have to pay privately if they need more. Fortunately for Howard, the cost of his treatment was included in his Bright Grey plan as part of Helping Hand.

Howard believes that this contributed greatly to his recovery – increasing his mobility and allowing him to move around much more independently. “Without the tailored, practical help and emotional support Helping Hand gave me and my family, I wouldn’t have made the recovery I did,” he says.

Often it’s not only the patients themselves who need support, but their family too. Jan also phoned Howard’s wife every day to ask how she was doing. Howard says: “It made a big difference. It meant I could lie in my hospital bed and stop worrying about the effect this was having on my wife and children. If there’s some advice you need, the answer is just a phone call away.”

Howard is now living life to the full and trying new hobbies – including jumping off 60ft cliffs in Cornwall.



It wasn't only Howard who was able to use Helping Hand. His new partner, Clare, was able to use the service too. When Clare's mother was diagnosed with non-smoker lung cancer, she received emotional support from her own nurse adviser. Clare was able to use Helping Hand even though she didn't have a Bright Grey plan, and the illness wasn't her own.

Howard says Clare's experience reminded him of the value of the service, particularly having someone to talk to. "I know that doctors and nurses will help, but they're not at the end of the phone when you want them. Jan was there every step of the way, not just for me, but for my family too. And it's amazing that we can continue to use the service now."



““ The money from my claim definitely eased some of my financial worries, but it was the support from Helping Hand that really made the difference. ””

Left: Howard jumping off a 60ft cliff in Cornwall, August 2008.

Helping Hand provides:

Emotional and practical support from a personal nurse adviser

Bereavement counselling

Complementary therapies

Access to medical, career, legal and personal helplines

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