



The Silverlining Brain Injury Charity supports those affected by brain injury to rebuild their lives through finding purpose, meaning and connection. Since the pandemic the charity has pivoted to provide a host of online activities to inspire and support.

Inspiring others to find what makes their hearts happy, connected and fulfilled is central to The Silverlining. The “Let your Heart Shine” digital art book is meant to help others find what makes their heart shine.

The Silverlining has focused on creating the STAR Programme (Structured Therapeutic Activities for Rehabilitation) to highlight healthy and positive ways for people in recovery from brain injury to connect, learn and grow. Coming together to share creativity and positivity, through Art, Music, Stitching, Sports, Movies, Books, Cooking, Quizzes, Yoga, Prayer, Creative Writing, Photography to name a few! Activities are co-ordinated through our website www.thesilverlining.org.uk.

Membership is free, as is our weekly Sunshine Call service, which is offered to all, to check in on our members and offer support on a weekly basis. The charity also provides in person activities and hybrid options to help members stay connected during this difficult time.

This book hopes to illustrate our amazing Silverliners’ stories and inspire through sharing what makes their hearts shine.

The Silverlining is very grateful to Slater and Gordon Lawyers for giving us the chance to shine!

A handwritten signature in blue ink that reads "Dr. S Baehr". The signature is written in a cursive, flowing style.

Dr. Sherrie Baehr
Founder of the Silverlining Charity

Slater & Gordon Lawyers is extremely proud to support The Silverlining Brain Injury Charity in the online publication of its' inaugural digital artbook.

Silverlining is a charity dedicated to enhancing the quality of life of those affected by brain injury. It achieves that aim by enabling its' 'Silverliners' to participate in purposeful activities, which in turn provides the Silverliners with fulfilment, structure, friendships and a whole lot more.

The artbook showcases in the most inspiring way, the breadth of activities which the charity offers, and the talent of the many Silverliners who have contributed to the project. It also gives a little window into the lives of some of the Silverliners, each of whom has their own story to tell.

And importantly, the Let Your Heart Shine theme reflects the positivity and love which the charity, and its' Silverliners, somehow infuse into all of their activities and ventures.

It's a real pleasure to see the joy that producing this artbook has given to its' talented contributors, and we very much hope that it will inspire others with acquired brain injuries to reach out and join the ever-growing band of Silverliners.

Will Cornwell

Will Cornwell

Principal Lawyer, Slater & Gordon



Maryam d'Abo

Actress and Filmmaker

My heart shines when I see colours... the blue sky, a pink moment... sunsets and the moon coming through the clouds, a golden sun... trees in Hyde park... when a bird sings... when my dog wags his tail... when a person smiles...

I was born in London, grew up in Europe and became an actress and a documentary filmmaker. After surviving a brain aneurysm rupture, I met Sherrie who helped me through the recovery. I began life drawing where I found peace, inspiration and joy.



Michaela

I was diagnosed with Brain Cancer in 2012 leaving me with memory, cognitive, emotional and physical difficulties. Connecting with similar others makes me feel 'normal'. Art group stimulates my brain, is great physio for my hands and most of all, reconnected me to a love I lost as a child (Art) majorly improving my mood. 'Brain Cancer took my confidence, Silverlining gave it back.

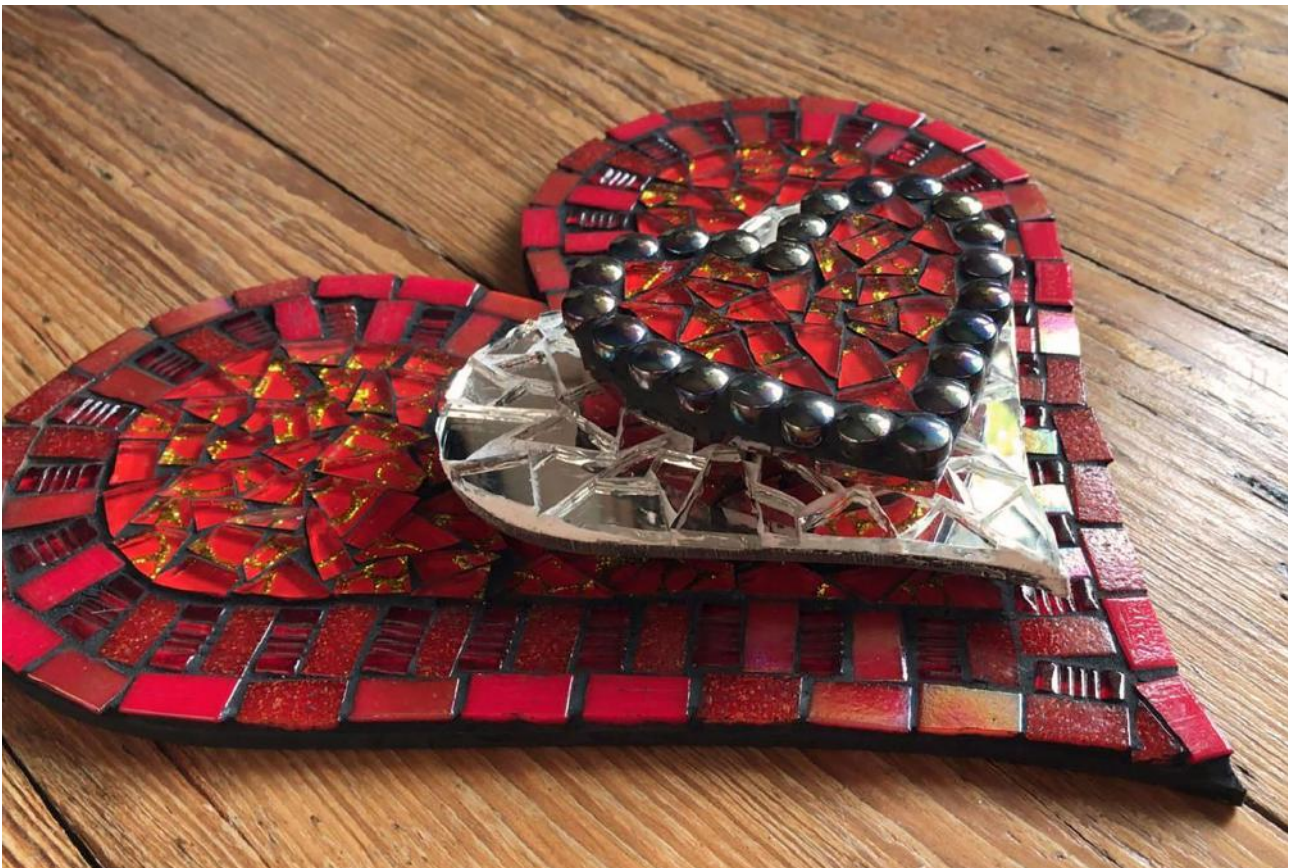




Terry

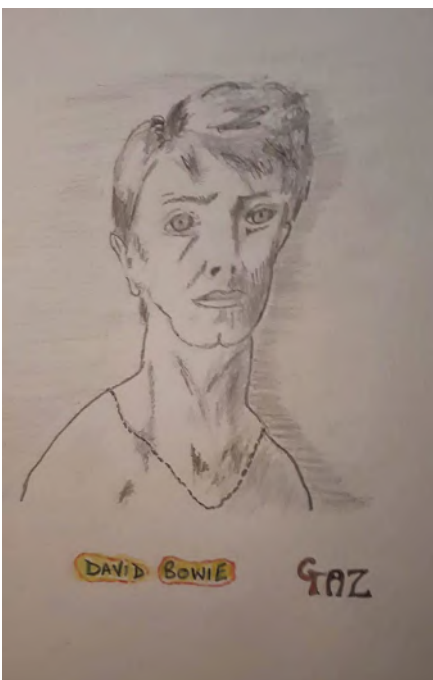
Terry was in an accident at work in 2015 which left him with a brain injury and ended his professional career. He suffers from tinnitus. (A condition which causes a constant ringing in your ear) and in efforts to cope he began to draw...and draw...and draw. Art has become a major focus to Terry and makes his heart shine. As he says "Where there is life there is hope—all of my pictures have life in them." "I give 110% when I draw, I love it". Terry's art brings great joy to everyone.





Heidi

Heidi was a passenger in a car with her friends when her life changed forever. Heidi's rehabilitation has been guided by her love of art, and exercise – Heidi completed a triathlon to raise money for The Silverlining and her heart shines when she is with her Silverlining friends. Heidi created the heart mosaic for her niece Lily.



Gary

Gary was at the top of his career when he was hit by a car. He has had extensive rehabilitation which he is very grateful for but has struggled with cognitive problems and anxiety and depression. Gary's heart shines brightest when he is helping others. He gets great joy from his art and gardening.

Art makes my heart shine



Laween

I've been a Silverliner since 2017. I love the community and the activities on offer. I love learning new things and sharing the information with others. That's what makes my heart shine.

Here's some trivia for you: The word Google comes from Googol which is a very large number (the number 1 with one-hundred zeros after it). That's one less thing to Google!!





Martin

My name is Martin and at the beginning of February it will be 30 years since my brain injury. I enjoy listening and creating music, and I love singing. Music is what makes my heart shine.

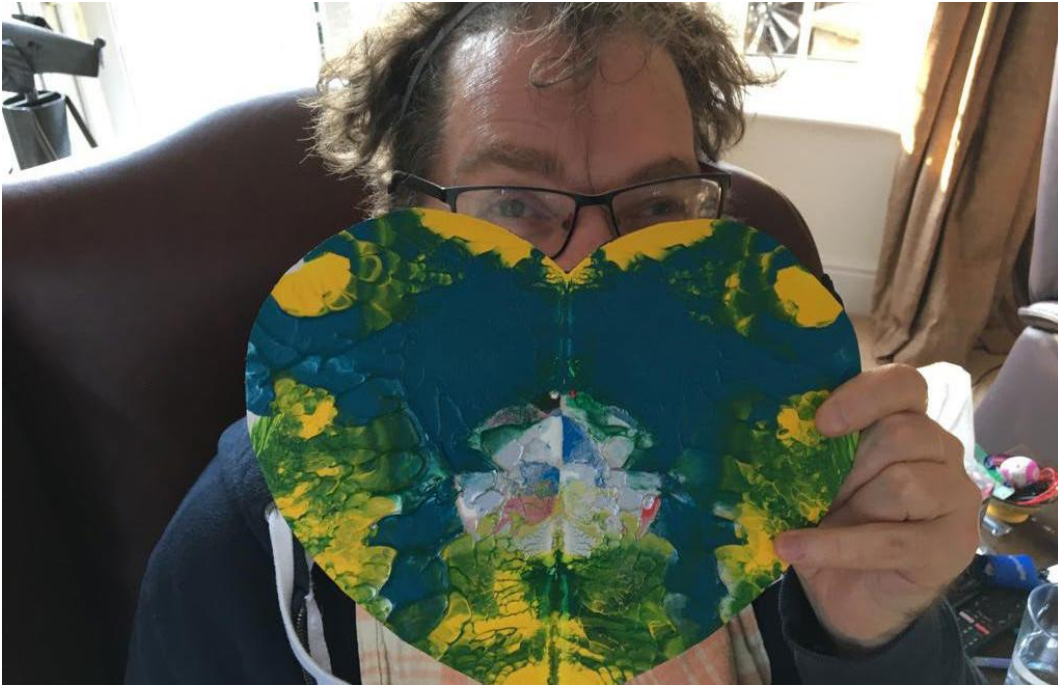




Simon

Simon was a practicing solicitor with a young family when he suffered a brain bleed when he was having his shunt replaced to treat his hydrocephalus. Simon loves the community of Silverlining and supports his fellow Silverliners at every turn. Simon finds the structure of the weekly zoom schedule very helpful in planning his days. Simon enjoys the weekly yoga class as a way to increase his relaxation.





Hamish

The trees above are 5th Avenue on a fall morning, the football is Dalian Atkinson's goal of the season 1993, the beautiful pottery are Hamish's creations. All of which make Hamish' heart shine.

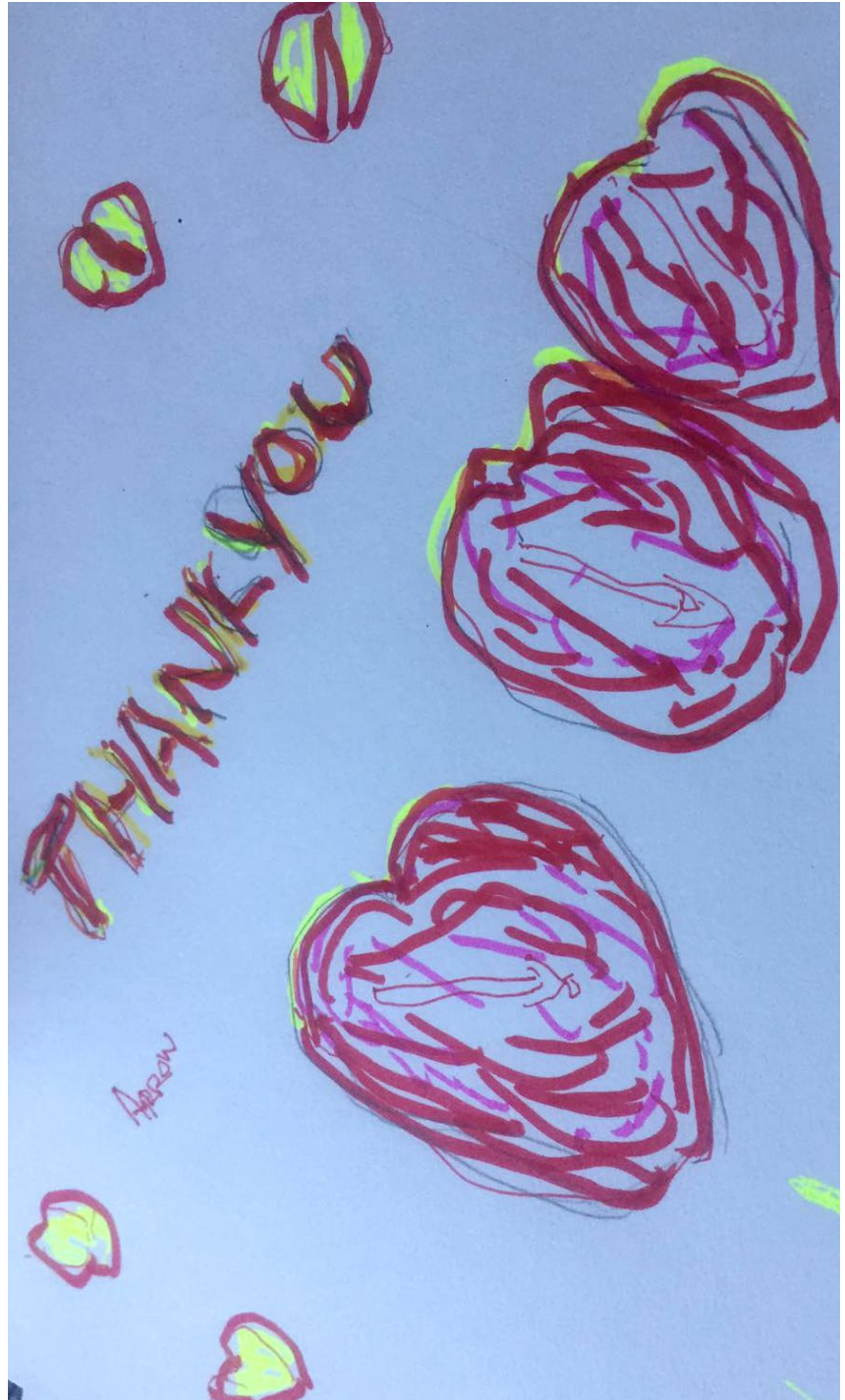
Art makes my heart shine



Andy

Andy's heart shines for his family and friends.





Arron

Arron was working as medical translator in London at the time of his stroke in November 2019. He was recovering in hospital at the time the Covid 19 pandemic hit and went into lockdown. Due to the lockdown and highly limited NHS provision at this time, Arron was transferred home with a small care package but no brain injury education, support or assistance to help him navigate life with a physical and cognitive disability. He found the Surrey Silverlining via his brain injury counsellor and through it has met others who have shared experiences. Arron also now joins in with art therapy and exercise groups as well as friendships through WhatsApp groups.



Claudie

Claudie was assaulted in 2002 causing her multiple physical traumas, including her head injury. She has had memory and cognitive difficulties through the years, and now attends the weekly stitching group as she loves to crochet. She's limited to beanie hats at the moment because she can only crochet in circles but she has her eyes on squares in the near future. Her heart sings loudest when she is crocheting for others.



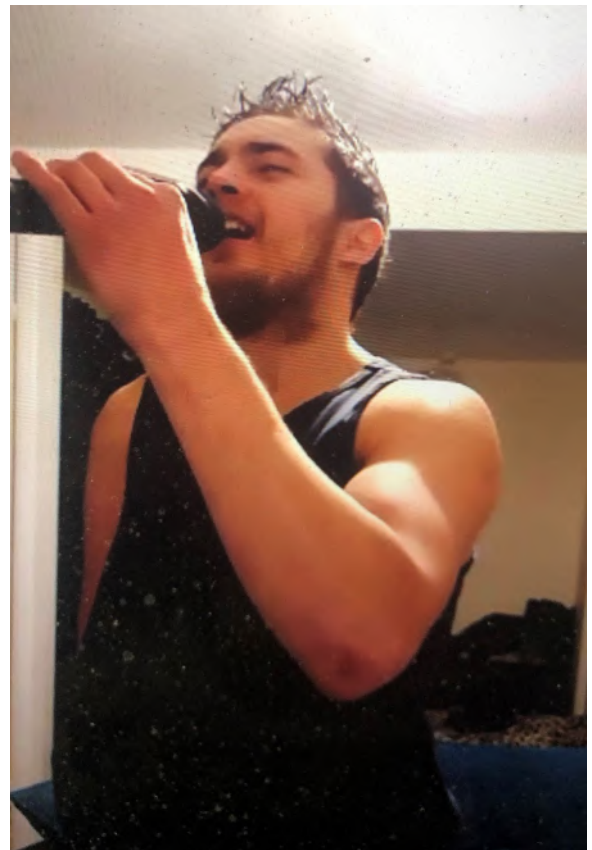
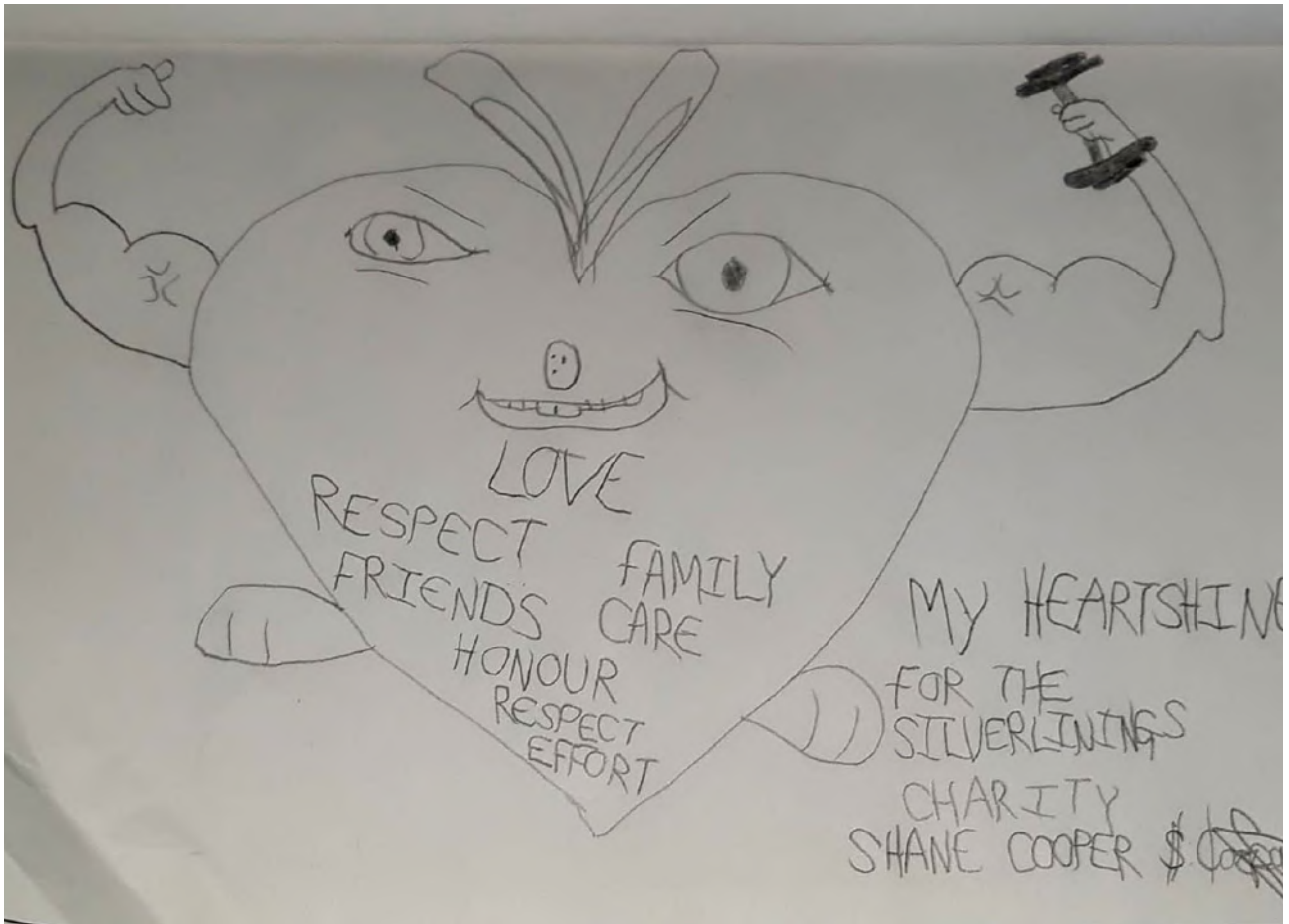
Steve

My name is Steve and I was knocked down by a stolen car in Sheffield in 2005 while I was at University.

My head injury has left me with problems on my right side and I only have the use of my left hand. I also have speech and language issues.

As part of my rehabilitation I started a photography course part time at my local college, gaining a distinction in a National Diploma after 4 years study.

My heart shines when I'm taking photographs and I really enjoy night time photography especially painting with light using torches. Some of my most special photos are the ones I took on the 2018 Silverlining Mission to Namibia when we worked and lived with the San Bushmen. It was an incredible experience that I will never forget.



Shane

Shane was a spiderman freerunner and in peak physical condition when he was struck off his motorbike in 2014. Since that time he continues to focus on his fitness but his heart shines loudest when he is singing for others!

Sarah

Heart by Sarah and Aaron during Art in lockdown! Sarah directed this art telling us which way to cut on lots of the cut pieces via her Eyegaze.



Stitching makes my heart shine

Chris

What makes my heart shine? A beautiful sunrise and sunset, a rainbow, the first snow drop, the sound of waves, making someone smile, fussing over my dogs, riding my horse but the bit I love most and have missed most in recent times is sharing those things with friends and family

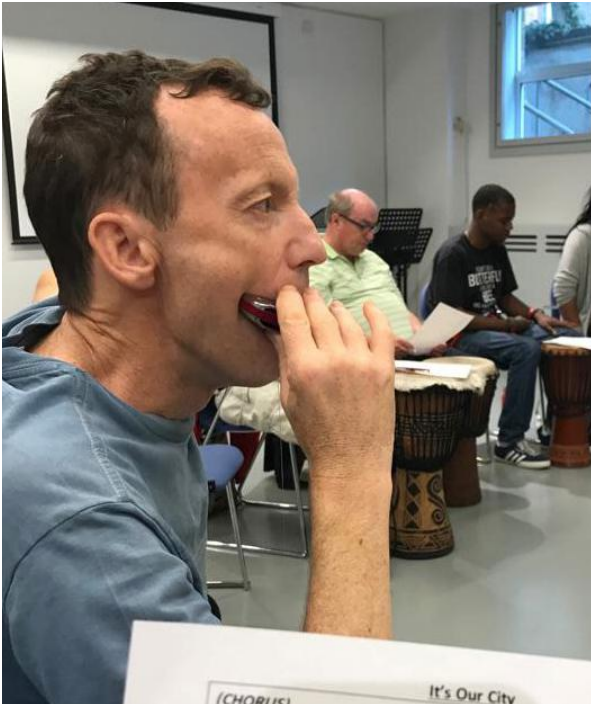


Prayers make my heart shine



Eric

Eric was just about to graduate from university in 2014 when he fell 10 meters whilst working as an electrician. Although things have not been easy, Eric is very grateful for God's mercy upon his life. In gratitude Eric now runs a weekly prayer/bible study group to help others.



Alan

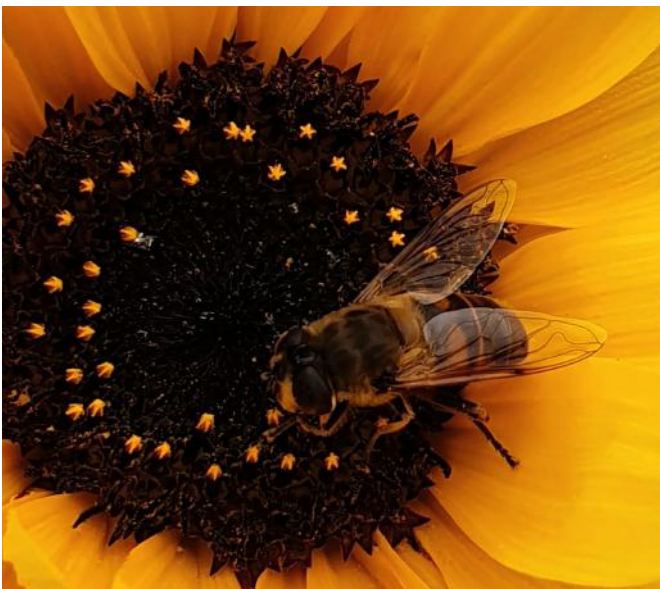
Alan was a writer and happily married when he contracted meningitis. Alan struggles most with his speech. But with the help of his harmonica and friends in the Silverlining music group his speech is improving everyday. Poetry and song writing makes Alan's heart shine.

*The organ swells,
Souls break free,
Rising up and up.
They mingle with the beautiful shards;
Sun slanting through stained glass
windows.
They reach the dome,
They touch the angels.
There's paradise up there.*



Amanda

Amanda was misdiagnosed as being anorexic at the age of 9 which caused incredible stress. Eventually she was correctly diagnosed with a brain tumour after losing her vision. Amanda loves to be creative and making just about anything, including all of her own clothes for herself, her family and even her 2 pugs!





Jo

Jo suffered a brain injury in 2019 following a fall. Since that time she struggles to find the words when speaking. She loves to tell the story of how she called her eye brows "piss bows" in the early stages of her recovery. Sharing positivity makes her heart shine and she now has the help of her friends in the stitching group!

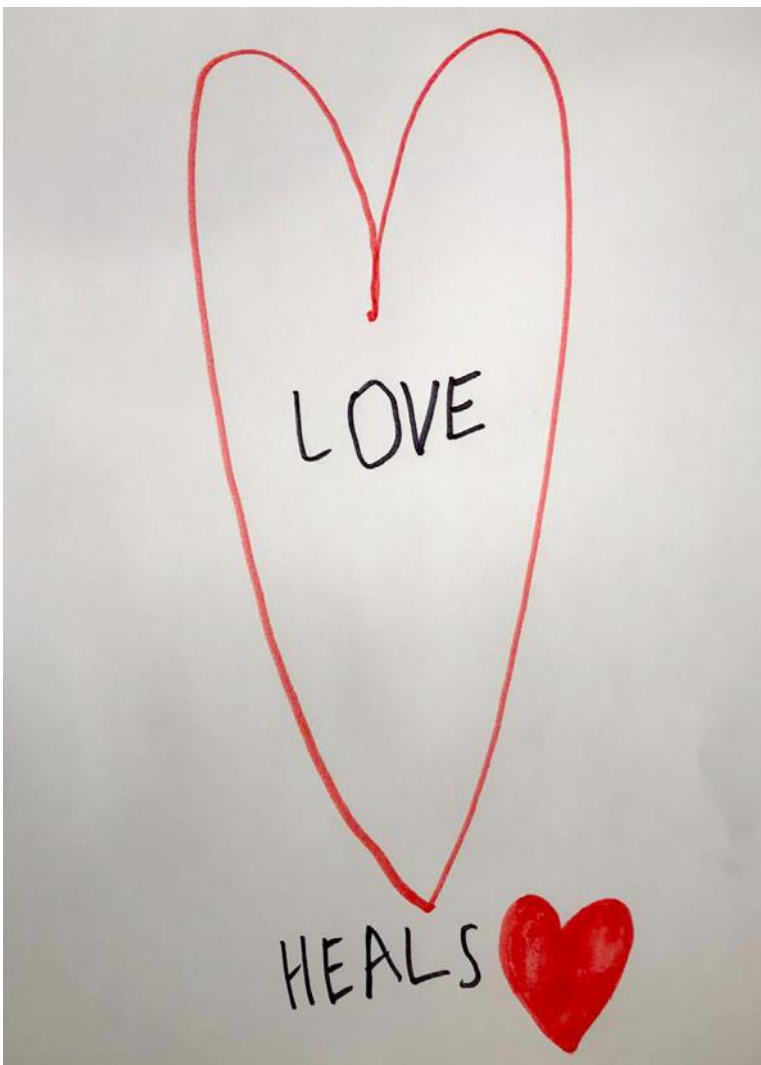
Stitching makes my heart shine



Amanda

Amanda was an aspiring travel consultant, travelling the world when she was a passenger in a car accident at the age of 21. After years of chronic pain and struggling to fit in Amanda says "my Silverliners friends have come to the rescue and made my heart shine."





Joe

Joe suffered a massive bleed on his brain when a brain aneurysm ruptured in 2014. This past year Joe smashed the challenge of a Mile a Day in May the Silverlining fundraiser and raised over £3000 !!!



Lucy

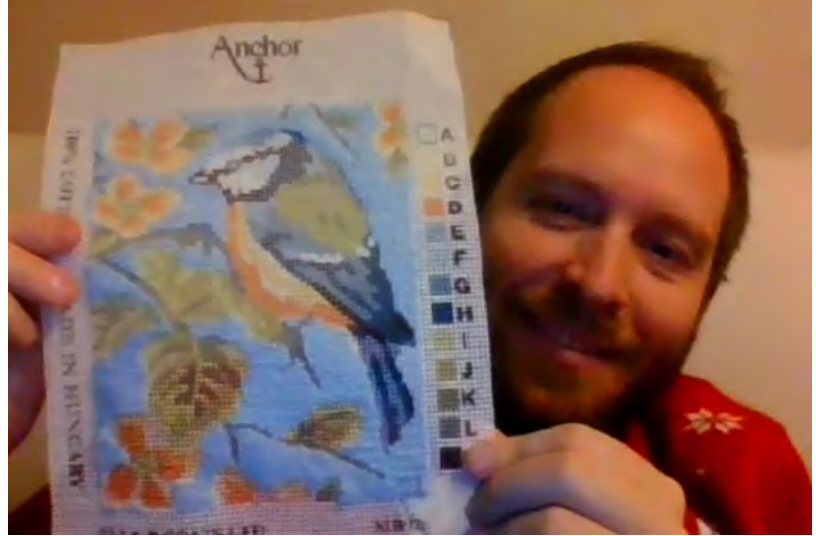
Lucy moved into her own home in Kidlington, Oxfordshire, in June 2019, just before her 40th birthday. Ever since, Lucy has loved getting out and about on walks, exploring her local area. Lucy enjoys learning, and undertook a photography course not long after moving in. This very much ignited a passion in Lucy for taking photos - and she now rarely leaves home without her camera! Lucy is particularly drawn to beautiful trees and skies. These wonders of Kidlington truly make her heart shine!





Paul

The image represents my complex brain following several strokes. Inside the heart there is strength and determination, which is powered by my pacemaker in the centre. Through the love and support of my family and friends, the dendrites in my brain are stimulating regrowth among the chaos and patches of loss and emptiness.



Xander

Xander was training for a marathon when he collapsed whilst running. Unfortunately complications following his heat stroke lead to his brain injury. Xander's main issues are with balance and coordination. Xander comes to the stitch and bitch because he loves the bitching but stitches anyway!!!





Colin

Colin suffered an aneurysm in 2017 whilst he was visiting his family in Scotland. Colin has needed to have a shunt placed to manage his intercranial pressure. Colin inspired the stitching group as a way to connect others through his passion. Stitching makes Colin's heart shine.



Jack

Jack was celebrating at his friends 16th birthday party when he was struck by a car. Jack has had a lengthy recovery period but..wow! Jack was told he would never walk again and now he walks, breaking boundaries is Jack's middle name. Jack's heart shines when he's watching and sharing his love of Chelsea football team. Jack attends the football club and his heart shines when he's with his football mates.



Chris

Chris was on his way home from work when he was hit by a car from behind on his bicycle. Following many years of rehabilitation Chris is now an avid photographer and is actively fundraising for St Georges Hospital and The Silverlining by cycling the length of Britain on a stationary bike. Chris's heart shines brightest when he's helping others and snapping incredible shots.





Nat

Nat had a severe form of Guillain-Barré syndrome which permanently paralysed her from the chest down and stopped her breathing. She had to be resuscitated which caused a brain injury and was in hospital for eleven months and had rehabilitation for 5 years.

She is severely immunosuppressed and since the Covid pandemic she has been medically shielding and has been officially classed as housebound.

She explains that she was starting to feel a bit sad that people were all going back to face to face for everything and then a friend mentioned The Silverlining Brain Injury Charity and "I literally feel a door has been opened up for me to a whole new world of friendship, support and fun. I was so worried about being left behind at home on my own and forgotten. I am so grateful for all the fun and opportunities I am getting through Silverlining and for giving me this amazing life. My heart is shining"

Nat's heart shines with love when in nature and with flowers, birds, trees, the sky! "I love people and being with people. Silverlining gives me that"



Clare

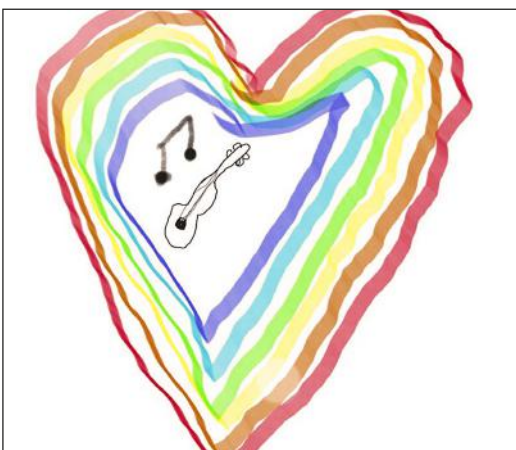
My brain injury was caused by falling down stairs at home in 2015. Amongst my problems, fatigue is now a big issue. I struggle with change and the unknown, get easily frustrated and concentrating can be difficult. I'm sure a lot of things that make me happy or make my 'heart shine' are just the same as other people whether they have a brain injury or not - family, friends, holidays, sunshine, nature and going out for meals. Because of my brain injury, driving makes me happy because I was unable to for a long time and living in my own house independently does because I know things could have turned out very differently.

Headway and Silverlining are places where it's ok and safe to be me and where people understand my brain injury so spending time there is something I enjoy. The other things I've mentioned may seem small things but when I'm feeling fatigued still being able to do something small that I enjoy like reading, being creative, doing cross stitch and puzzles all make my 'heart shine'.



Justine

This is an image I made in response to the theme "What Makes Your Heart Shine" alongside others from Silverlining. I am an Art Therapist and I was lucky enough to be invited to offer an online Art Therapy Group with the Silverlining members and their team once a month. It is the highlight of my month, I love to see how everyone is doing and for us to make art together and share it with each other whilst we chat.



Arvin

Arvin's car crash saved his life. When examining Arvin at the hospital following his accident doctors discovered that he had 6 brain tumours. Arvin has had a long journey of recovery. He loves music and is focusing on learning to play the ukulele. Arvin posts a new song he's learned each week to make everyone's heart shine. The music group gives Arvin a place where he can share his music with other music lovers!

Art makes our hearts shine



Lucy



Megan



Kathryn

Trees Can Hear You

Nat 2021

*Like a tree during the winter, no life that we can see
All alone and silent, all its leaves have floated free
The tree can't hear you talking, and cannot speak your words
It cannot reach its arms to you, it saves that for the birds*

*And yet the tree stands solid, its rooted to the ground,
Its heart still beats within it, if you listen for that sound
The tree can't feel you touch it, it cannot show its pain
But maybe that's not quite so true... maybe look again...*

*The tree looks like its dying, sick and ill and bare
But please lean in more closely, spend the time to show you care
Did you see a tiny flicker, in the branches on your right?
Did you hear a creak of breath? It's forcing with its might?*

*I've been inside that tree there that is rooted to the spot
Life had been and left me but brought me back with that huge shock
A body with no movement, no single signs of hope
Eyes tight shut and motionless "come on now, you can cope"*

*"Please can someone hear me", I'm screaming so so loud
But nothing can be heard right now, no movement can be found
"There's no response, she's brain dead" is what I heard today
"I'm not IM NOT, I'm really here"... alive in every way*

*My eyes are open widely, and staring back at you
And yet I hear you say they're shut, what more then can I do?
"Squeeze my hand now tightly, hold it if you can"
"No there's nothing there today"... but I am I am I Am*

*Can't you feel it gripping, I'm holding it quite tight?
I force the machine to breathe now like the tree with all my might*

*Surely you can hear me, I'm shouting loud to all
I've heard your names, I know you well, listen to me call
I'm trapped inside this tree trunk, thick wood surrounds my core
Encased so tightly like a tomb, no windows and no door
This tree can hear you clearly, its depending on your eyes
To notice any signs of life in a body that just lays*

*I trust there will be someone who maybe finds the key
To unlock this heavy trunk that's gripping hold of me
I trust the tree's heart keeps me, with the beeping I can hear
The beeps speed up with so much hope each time someone comes near*

*"Did I just see a movement" I hear someone exclaim
"You did you did you did", I'm screaming out your name
So after weeks of waiting just maybe spring will burst,
The tree will help unlock me, spring blossom will come first*

*"I think there's life inside her", I think there is a key
"I think there are responses that all of us can see"
"Can you hear me sweetheart, don't panic if you can"
"We are here to help you," said the voice of my rescue man*

*But now I start to think back how I was locked in by the bark
Always night always scared and always very dark
But did the tree trunk save me, safely tucked away
Protected me while I healed, to restart my life one day*

*Now when I see a tree trunk I'll think of its great power
how it lives through such hard times surviving every hour
A tree can really hear you, it really knows you're there
A tree can help to shelter you and be a source of care*

*I've been through life's dark moment when I was so so still
The tree it still protects me, and it always will
A tree can feel you touch it, it can show its pain
We need to keep our hopes and trust and maybe look again...*



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