

# In Memory Of Natalie Kate Moss - Fiona Moss

**Fiona Moss is the sister of Natalie Kate Moss who died as a result of a ruptured blood vessel at the age of 26.**

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Transcription:

Bill Gasiamis 0:00

Tell me about your sister. What do you remember about her?

Fiona Moss 0:05

She was very loud. She was an amazing sister. She was like, you know, the ideal older sister. We were just under six years apart, but still very, very close. We speak on the phone every day, would have like sleepovers in each other's rooms when we were younger.

Fiona Moss 0:24

And just very, very bubbly. Very different in many, many ways. You know, I was probably a lot more academic than she was. She was quite a party girl, but very, very creative, very arty, and an amazing artist.

Fiona Moss 0:39

And was pursuing a merchandising role with Karen Millen which is a big clothes

fashion brand down in London. And that's actually where she was when she had her brain hemorrhage. We weren't really just sisters. We were very much best friends.

Intro 1:00

This is the recovery after stroke podcast, with Bill Gasiamis, helping you navigate recovery after stroke.

Bill Gasiamis 1:14

Hello, and welcome to another episode of the recovery after stroke podcast. Recently, Spotify released a new feature, which allows people to rate their favorite shows similarly to how the apple podcast app allows them. If you think the show deserves it, I'd love it. If you left the show a five-star review.

Bill Gasiamis 1:32

This will help the show rank better on search engines and will help newly diagnosed stroke survivors find the show and it could make a massive difference in their recovery. Go ahead, go to your favorite podcast app if it's not the Spotify app and leave the show a five-star review.

## **Introduction - Natalie Kate Moss**



Bill Gasiamis 1:50

And let me know what the show means to you. It really will make a huge difference. Now, this is episode 187. And my guest today is Fiona Moss, who 10 years ago lost her big sister Natalie Kate Moss, to a brain hemorrhage age, just

26. In that time, Fiona with her big brother Sebastian, and with the support of their parents set up the Natalie Kate Moss Trust.

Bill Gasiamis 2:20

A charitable organization raising money in the hopes of supporting groundbreaking research into the prevention and treatment of brain hemorrhages to stop more tragedies from occurring. Very recently, the foundation handed over a check to Manchester University valued at 300,000 pounds. Fiona Moss, welcome to the podcast.

Fiona Moss 2:45

Hello, thank you very much for having me.

Bill Gasiamis 2:47

My pleasure. Thank you for being here. Very rarely do you get the opportunity to speak to people about how stroke has impacted the loved ones you very rarely get the caregivers on, you very rarely get the family members on to tell us about their side of it. It's really a conversation that's not held much.

Bill Gasiamis 3:13

And then every once in a while I come across people such as yourself who are doing great work in sharing the perspective of a family member who has been impacted by stroke or some kind of a neurological injury.

## **Fiona Moss**



Bill Gasiamis 3:32

And very, very rarely do you get to speak to somebody who's been doing that raising of awareness for such a long time, nearly 10 years or more I think you guys have been at it. Tell me a little bit about you, who you are, what you're doing, and why you're doing it?

Fiona Moss 3:54

Yeah, no, I can completely understand that. And I think there are many different perspectives, to be honest on that, like it touches everyone in very different ways. But as you said, my name is Fiona Moss, I am British although I'm not currently in Britain, I'm currently in Mexico.

Fiona Moss 4:12

But as you say, you know, I am a family member of somebody who has been impacted, unfortunately, passed away from having a brain hemorrhage. So my sister was 26. And this was, as you say, 10 years ago, it was in 2011. I feel like we also get lost with the concept of time given that we've had the two years wiped out by the pandemic.

Fiona Moss 4:38

But she had a brain hemorrhage completely out of the blue didn't know anything of it. And was unfortunately in intensive care for just under a week and passed away. And ever since you know obviously given you know somebody passing away at such a young age but something completely out of the blue really shook everyone up around us.

Fiona Moss 5:02

My family, obviously, you know, our close friends, but you know, sort of the wider circle that you don't necessarily really, you probably don't even really consider so to speak. And, you know, it really did shake everyone up and think, you know, our life is too short, we didn't even know this could happen to young people.

Fiona Moss 5:22

And it really made us take action that we don't want this to be, you know, something that happened and for no reason. So we set up the Natalie Kate Moss trust in memory of my sister, Natalie. And that was in 2012. So around about six months after she passed away.

Fiona Moss 5:41

And the aim of the trust essentially is to support Manchester University, again, a

university in the north part of England, which is where she went to university and their research team to look into the prevention and treatment of brain hemorrhages. And we're really proud to say that actually, through our support to them, they've made some incredible steps forward in their research.

Fiona Moss 6:05

Obviously, at the beginning, I think it was quite a small trust, and it is relatively still really small. But you know, we were very much reliant on people just kind of helping out. But as things have grown people have done some incredible things, whether it's sort of cycling, the length of Britain, whether it's rowing around Britain, whether it's running for five days straight, running 100 miles with a CAGR bear on their back, you know, people have done some incredible, incredible things.

Fiona Moss 6:30

And we really committed again, I think, last concept of the time, I think it was about a year and a half ago, just before the pandemic, we committed to Manchester University, 300,000 pounds, over the course of three years. So we're sort of at the end of the first year, from when we actually officially started it, to really enable them to step up and step up their research and, you know, bring in more research fellows, and essentially, to set up the center of excellence.

Fiona Moss 6:57

So there's not really one center of excellence. Really, in the UK, I can't really say in Europe, but I know the UK for this particular type of research. So whilst there's no physical center, it's a center of excellence bringing together you know, the best minds in this particular field to really kind of start making headway in this area.

Fiona Moss 7:19

So, as I say, we're sort of midway where they're sort of the end of the first year now. And yeah, things have really leveled up, we've been able to really step-up in terms of the awareness of the trust the work that Manchester we're doing, and yeah, hopefully, we're going to be able to continue this as well beyond the three years and really support them to keep making leaps and bounds in this area.

Bill Gasiamis 7:45

Far out, that's just amazing to hear, I get so relieved when I hear these people

working in the background to help people they've never met before, to find solutions for problems that they never know they're going to have in the future. When I became unwell in 2012. I had this curiosity about finding solutions and finding answers to the challenges that I was now facing.

Bill Gasiamis 8:18

And I ended up finding in Melbourne, Australia found the Florey Institute, which is a neuroscience and mental health research organization aligned with Melbourne University. And I just remember going to one of the lectures just turning up to a university. I've never been to a university in my life, I just remember turning up to one of the lectures where they had some speakers talking about neuroplasticity.

Bill Gasiamis 8:44

And I was just stunned at the amount of people that were there that had never necessarily had any reason to be focused on solving those types of problems for people. And yet they were and it was like, Oh, wow, like those people are there actually working for me looking for solutions for me, and they don't know me, they've never met me, and that's what they're doing.

Bill Gasiamis 9:08

So I always get really kind of humbled by the fact that that's happening. And I've never felt so supported, even though I've never met any of those people. And even though it's you doing it, and you're supporting the team in Manchester that all filters down to the neuroscience world throughout the globe now that we're one community.

Bill Gasiamis 9:38

And everyone benefits from the work that you guys are doing in Manchester. 300,000 pounds is probably equivalent to about 700 billion Australian dollars. But the reality is it's probably about 700,000 Australian dollars. Which is just a phenomenal amount of money and then I'm thinking at the same time, how old were you when your sister passed?

Fiona Moss 10:06

I was actually three weeks before my 21st birthday. So I had this like big 21st policy, like, I don't know if it's the same in Australia but 21st years is quite a big birthday. Yeah. And it was literally three weeks it was just before Christmas. And

yeah, I was in the second halfway through the second year of my university.

Fiona Moss 10:30

And it was a big moment, a really big shift and a really big change in the dynamic. And it was almost like a moment of, you know, going from like a real adolescent teenager into really having to step up to be an adult.

Bill Gasiamis 10:44

It's just ridiculous that that has to happen. And I know it happens for a lot of people. You're not the only one. This question is, I consider myself pretty dumb at 21. And that's pretty normal. That's pretty cool, right? That's what we're meant to be kind of right? And then how the heck does a 21-year-old, decide six months later, we're gonna do something.

## **Natalie Kate Moss Trust**

Bill Gasiamis 11:07

And we're gonna start fundraising and gathering money. And now 10 years later, you're raising \$300,000, for Manchester University, how does a 21-year-old come up with that idea, and then actually follows through with that for an entire decade, and turns it into this thing that you could never have possibly imagined that it would have been?

Fiona Moss 11:33

I would love to take the credit for this. But it would be completely ungenuine if I did. No, I've got an older brother as well, who is seven years older than me. So he was 27. When this happened, so they were very close in age. He was a real driving force behind this, I give him credit where credit's due.

Fiona Moss 11:55

And but I do remember my mom, in the weeks after that Natalie passed away, you know, really saying like, no, this isn't going to happen for a reason, we're going to make sure that people remember her, we're going to really make sure that we do something, and this isn't just you know, just not going to forget about this, there's some good is going to come out of this. So those two, particularly at the beginning, were the real driving force.

Fiona Moss 12:19

And it's actually been more over time, that I've become more of a, you know,

basically taken on a bigger role in the trust. Because I think at that point, you know, if I'm being completely honest, it is really hard. It's very confusing, you know, I was still trying to figure out how to navigate University and you know, go through this change.

Fiona Moss 12:45

And, you know, I just lost my big sister, and like, she was very much a role model to me, as well. And so that was a real shift in terms of almost re-identifying who I was, and whilst my friends were going out, you know what is university, you just set it right at 21. carefree and all my friends are living that life.

Fiona Moss 13:03

And then I had the stark reality on me. So I was really trying to navigate by at the same time, saying I did, you know, help where I could, but I would say the real driving force has been it was definitely Sebastian and Mum at that point. But I think, it's always been important to me, but as I've probably matured and come to terms of that, over the years, I've taken on a bit more, a bit more.

Fiona Moss 13:27

And now, yeah, really, really behind it driving, flying the flag to try and really push it on to the next level. I guess, as I said, right at the beginning, it kind of had a, it was it was very different in terms of the outlook that we had on the trust, you know, we were just sort of relying on you know, incredible people who were doing incredible things, but we weren't really looking at it.

Fiona Moss 13:50

And I guess strategically is the right word. You know, if anything, you know, if we really want to make a change, we do kind of have to do big bold things and think strategically behind it. Which does change the dynamic when we want to grow it and actually have more of an impact on you know, supporting Manchester University. And also, you know, the research that comes out of all of that as well.

Fiona Moss 14:14

So, yeah, it's definitely taken, it's been a journey. You know, we talked about that being 10 years down the line, and I'm so incredibly proud that it is, you know, still growing 10 years later, but that definitely requires some shorter shifts in dynamics. And yeah, we've actually been able to fortunately bring on a fundraising manager now.



Fiona Moss 14:34

That's now that we've up-leveled in so many different ways, because you'd be surprised about how many like little adamant things that do come up. And we've essentially been running a separate business on the side of, you know, both my brother and I run our own businesses, so it's definitely a juggling act.

Bill Gasiamis 14:50

Yeah. One in four people will experience a stroke in their lifetime, a person suffers a stroke every three minutes and 27 seconds in the UK, it's a similar statistic in Australia and in the US. Stroke kills twice as many women as breast cancer and twice as many men as prostate cancer and testicular cancer combined each year.

Bill Gasiamis 15:16

Do you still feel like stroke is the big unknown, and we don't talk about it much we don't hear about it much. When I say we like communities, in general, I've been at this for 10 years as well, right. But I don't hear about conversations in the space of raising awareness like about stroke of like I hear still the Cancer Council the go and get your prostate checked, go and do this and go into that.

Bill Gasiamis 15:49

There seems to be a such a massive discussion about those types of things still, and they do a great job of raising awareness to saving lives. But there's still seems to be this underlying thing with stroke that hasn't really, the conversation hasn't really come to that level. That's the sense that I get, do you get that? Or you have something different?

Fiona Moss 16:14

No, I do definitely agree with that. I think there's probably two things to say that the first is that there's almost I feel like sometimes these things, whether it's supporting a charity and you know, supporting a different condition, especially when someone's been personally affected, they become so proud of not the right word, but focused on that.

Fiona Moss 16:35

But then it almost becomes competitive in this, you know, strange way, you know, that we really need to focus on you know, breast cancer, or prostate cancer or whatever. And kind of that's the only thing I can focus on and forget, the other

things, I definitely see that in some way. Not that people are doing that in any sort of unkind way.

Fiona Moss 16:53

But you know, you become so passionate about it, you can't be passionate about everything. So I think there's part of it that is around that. But I also think that it probably lends itself to a bigger conversation that we generally probably aren't very good at talking about any of these things, whether it is stroke, or some other conditions or even cancer, but you're right that that is a lot more, it is a lot more talked about.

Fiona Moss 17:19

But actually probably to the depth that we need to talk about it or getting the checks, etc, is still very hush hush. And I actually think that's more of a cultural thing. And regardless of what what condition it is, we probably need to be not just creating structures and systems that enable us to be checked in whatever way that we can be checked or, you know, encouraging us to know the signs, etc.

Fiona Moss 17:48

But also, we should be encouraging more honest communication, and deeper levels of communication, that really allow ourselves to create those structures, and really allow ourselves to be able to have the conversation, particularly if someone has suffered a stroke. And you know, they are dealing with that quite a lot of people. And I probably imagine it's quite similar in Australia to is in the UK where it's quite stoical.

## **Stroke Awareness - Fiona Moss**



Fiona Moss 18:13

And they don't know what to say. So actually, what they do their response is to stand back, rather than try and understand the situation and try and understand how can they help? How can they understand more? And as I say, it's quite a stroller call approach. And I think if we can shift the way we approach the conversation, the conversation itself will change.

Fiona Moss 18:34

And as such, the way we approach how do we better support people to understand how do you deal with somebody who's suffered with a stroke? You know, how do you how can you support them? How best? Can you communicate with them, as well? Because, you know, I've been through grief a number of times, and I think, in the same way, people don't know how to talk about that.

Fiona Moss 18:56

And so, therefore, their response is actually what I just won't talk about it. And I will stand back because saying nothing is better than saying the wrong thing. Whereas I would really encourage people to actually just learn to understand ask questions, I never think you can ask a bad question because you're engaged and you're wanting to learn.

Fiona Moss 19:18

So yeah, 100% I would totally agree that I don't think we have enough conversation and whether that's the conversation around supporting somebody who's suffered with a stroke, supporting those who have lost somebody through a stroke supporting to understand the signs.

Fiona Moss 19:33

It is very much a probably taboo, but also just unaware, like lack of awareness comes through as well. People don't know what they don't know at the end of the day as well. So those stats, you know, those stats there you obviously have had them that we have them on the website, but it is it is horrifying and you know, harrowing.

Fiona Moss 19:55

But quite often, you know, we take the approach that ignorance is bliss and it won't happen to me But I think that lack of awareness preparation, ultimately helps no one, you know, because at some point we do get affected by something. And again, going back to it, whether it is cancer, whether it is stroke, whether it is something else, but having those integral skills to be able to deal with those situations, I think it's so incredibly key.

Bill Gasiamis 20:21

Yeah, it's definitely something that's helped me sharpen my skills in learning how to overcome challenges learning how to solve really complex problems now, because before the problems that I had, were just imagined, and now actual problems, they're real. And I've got to actually then solve them and learn about that.

Bill Gasiamis 20:42

And solving one problem might take six months or 12 months, it might seem like it's a long time, but I'm backfilling the whole time with learning about. Okay, so how do you solve that problem, it's gaining the skills to get to the point where I can solve that problem, whatever that problem is, that is what takes long.

Bill Gasiamis 21:01

And sometimes when you're recovering from stroke, or you're caring for somebody that's had a stroke, it's hard to find the time to squeeze in backfilling your knowledge to get you competent enough to be able to solve the problem that you're facing, which is still inevitable.

Bill Gasiamis 21:18

But that's the thing, it's time is real critical, and finding the extra time is the hard part, or even finding enough time in one, day two, just be a have the right frame of mind and energy levels. After a stroke or recovering from a stroke, it's really

difficult. So what it's really interesting to me is that your the way that you speak about stroke is like a stroke survivor, in that you have a very deep level of understanding of what it's like.

Bill Gasiamis 22:00

And I find that very rare in people who haven't had a stroke to have a try and have a conversation with them about what it's like is near impossible. What makes you what, how did you kind of bridge that gap? Because that's a big gap. And to find what well-meaning people supporting stroke survivors have got no idea how to relate to somebody that's had a stroke is frustrating and challenging, although it's heartwarming, they're doing amazing things. But you've you've bridged that gap. How do you think it managed to do that?

Fiona Moss 22:38

So obviously, as I said, you know, earlier that, you know, I was 20, when Natalie past away, and obviously that straightaway shifts your perspective on things now, but it doesn't, it shifts your perspective, to understand a bit more about grief and to understand about, you know, the impermanence of life, and to really recognize that, you know, things can happen to you.

Fiona Moss 23:05

And it's not, you know, just a story you hear or whatever, you know, these things kind of these very sad, tragic things to happen. But if I'm being honest, I don't think it was necessarily Natalie's death that had that impact. So my boyfriend got diagnosed with cancer when I was 25. And he had cancer for three years.

Fiona Moss 23:25

And that really made me aware of what it's like to live with something that is so debilitating. So, you know, like you say, it's about, you might not have the time, or you do have the time, you don't have the energy, right, and you just don't want to you're not in the headspace.

Fiona Moss 23:46

Because this that and the other, you're frustrated, you can't do something and it's not as black and white as when you are healthy. And you can you know, like you said before, maybe you have beliefs that you made up, you know, or problems that you made up like you know, I can have problems that can make up every single day right now.

Fiona Moss 24:09

But that's very different to actually having a physical condition that is actually impeding you from doing something and then the effect that that has on your mental health and how frustrating that is and having lived with somebody who has had that problem and in there really lived through that pain and the challenges so many challenges not just the you know, I can't do this or I can't do that.

Fiona Moss 24:40

But as I said the effects on your mental health on your belief system on on everything and then ultimately on you know, the conversations that you have with other people who like you say you just you don't get it who don't get it's not that easy because you haven't slept the night before because of this, that and the other you know

Fiona Moss 25:00

That's one thing that worked one day is not working today, and how incredibly frustrating that is. Or maybe you made plans and you have to change them, you know, life is, is certainly not linear, by any, by any means when it comes to that point. So that really gave me a very deep understanding of what it is like, you know, to be constantly living with something.

Fiona Moss 25:28

And as well, you know, even recently, I've been moving through and traveling around and living in Latin America, and one of my best friends who I have been away with, has type one diabetes. And whilst it's kind of not, it's not the same, obviously, it's a very different condition, she still lives a very full abundant life and is traveling through Latin America, living in Mexico City at the moment, she still faces this every single minute of the day.

Fiona Moss 25:55

Through the night, you know, it's not something you can just put down and go for a walk or something. And having again, that, another situation very, very similar come in and just remind me of how lucky you know, I am other people in my situation, where my challenges, be at whether they are made up or not, I can probably put them down and walk away.

Fiona Moss 26:19

But I'm very acutely aware of that some challenges, you really can't. And, yeah, I guess that's just really sort of embedded me this understanding, I can't understand it. And I wouldn't be able to understand it, because I've never lived actually in it. But I've had the closest experience I possibly could have had,

Bill Gasiamis 26:38

I was afraid that you would say what you said, and that the only way to really bridge that gap is unfortunately to experience other people's, or your own pain and suffering, you know, situation that is part of life, it's just life, right? And then now you're living it, and you have to learn how to live with it.

## **Moving On With Deficits**

Bill Gasiamis 26:59

But what you said about your friend with diabetes is, that's the thing about it, it's like if you don't manage it, you will die. It's as simple as that. So it has to be managed. One of the things that I find with a lot of stroke survivors is they re-traumatize themselves every time they notice one of their deficits, or they fall over or whatever.

Bill Gasiamis 27:26

And they go back to the moment when it happened. And they relive it, instead of having moved on from it and discussing it objectively, they are re-imagining the entire process of the first instance, for example, right? So I talk about the stroke every single day as well.

Bill Gasiamis 27:47

But I don't relive the experience, I talk about it as something that happened in the past. And I've almost separated the left side numbness from the stroke, it's just something that I have, that when I wake up in the morning, I have to make sure that my left leg is actually touching the ground before I stand up, because I get out of the of the bed on the left side.

Bill Gasiamis 28:10

And if my leg is numb, and I don't pay attention, I could fall over and end up into the mirror or into the wardrobe. So that's kind of just life everyday now. And the fact that it happens, I know that happens because of my brain hemorrhages and brain surgery, but it's not what's happening to me now. It's just me waking up in

the morning and going about my business.

Bill Gasiamis 28:38

You know, waking up my sleepy leg, which has another 45 minutes or an hour to go before it's fully awake, even though it's always going to be numb. When you guys do the work that you do on a daily basis for the Natalie Kate Moss Trust, do you ever feel retriggered? And does discussing your sister and what the fund is doing and what the trust is doing bring back those emotions? Have some of them not been dealt with? Or still are they appearing?

Fiona Moss 29:18

Yeah, no. And I actually think this goes back to what we were saying earlier, which is when we don't have the capacity or the understanding about how to discuss certain things, people shy away from it. And they don't know how to deal with it. And I actually think that being able to understand how to have those conversations is actually incredibly healing and empowering as well.

Fiona Moss 29:43

And I think, you know, you do really start to understand a bit more about life, you know, you could go deep or you could go into this a lot more, but you could talk a lot more about like, you know, the impermanence of life and actually, I think so often people get scared of those conversations.

Fiona Moss 30:00

But you know, through these events through my own life, I've become very acutely aware of that. And actually, I've been able to take those situations and learn from them and move forward and grow with them, as well and use them as impetus to move forward.

Fiona Moss 30:18

Again, this is probably another reason why we've taken another level in the trust, because, you know, we really want to make sure that we're not just doing this for fun, you know, this isn't just a nicety. This is actually to really make a bold step forward. And I think, of course, I mean, I think is it the Kubler Ross, you know, five stages of grief.

Fiona Moss 30:33

And, you know, that it, we've all been through the process of sadness and guilt and anger. But, you know, ultimately, it's about moving forward into that level of



acceptance, as well. And just take time, of course it does, I'm in quite a bit self-development world, you know, my business is all around that, which then forces me into doing that as well.

Fiona Moss 30:42

And I do truly believe that actually, by facing into it, rather than avoiding it and accepting that every time I'm going to have this conversation I mentioned whose name I get triggered, I don't want that to be the case, you know, I want to be able to almost shift the story.

Fiona Moss 31:23

And, you know, recognize that maybe this is actually, unfortunately, so but actually, rather than dwelling on it, how can we use her situation and what happened to her as a way in for something much bigger. And as a way to support more people, you know, just like you said, right at the beginning, you know, we can do work to help people who we don't even know and stop them from having the same tragedies that we've had in our family and our life as well.

Fiona Moss 31:55

But I do really believe that actually, rather than being triggered by it every single day, to do the work, do you know really go into it, you said it before about the skill sets, the skill sets to move forward? This is no different. And it's how can you create the skill sets to be able to navigate this situation, and to go in and ask the really hard questions and to support yourself.

Fiona Moss 32:22

And that will depend on where you are in this journey and how much time has passed. But I'm actually not really a believer of healing comes to time, time does help to a degree. But you could still be caught up in that place where you get triggered every time if you're not willing to maybe step into the horrible place where you do have to kind of maybe do some of this work or face into it or have the conversations.

Fiona Moss 32:49

But it's a skill and like any skill or any muscle, we have to train it, and we have to do the work around it. And yeah, I'm quite comfortable talking about all of these things, now very comfortable talking about death, very comfortable, you know, talking about Natalie, because I do truly believe that, you know, I've done that

work.

Fiona Moss 33:08

It doesn't mean I don't miss her doesn't mean I'm not incredibly sad by it, it doesn't mean that I wouldn't love to have her, you know, in my life right now, and you know, for everything that I have in the future. But I've come to peace with it. And that's incredibly empowering. Because what that then allows me to do is so much more for other people in this space.

Bill Gasiamis 33:32

You're controlling the controllables, and you're letting go the things you can't control. And you're not really controlling the controllables, what you're doing is you're using the controllables, you're going okay, what can I control, well how I respond, I can respond by doing nothing, or I can respond by making life better for other people.

Bill Gasiamis 33:52

And that's fulfilling. And it's a little bit about you, but it's also a little bit about them. And that's a lovely loop, that's a great reason to do something that's about you, you feel better about it, but man, they feel better about it. And they're going to achieve success in the work that they're doing at the university, and therefore they're going to impact lives better.

Bill Gasiamis 34:15

And we're all doing this amazing loop of being on the planet to actually make each other's lives better or different or more meaningful, or at least make people feel like hey, we, we care for you. And even though we've never met you, we were rooting for you. We want you to be well. We want you to recover. It's far better than the narrative at the moment around the world.

Bill Gasiamis 34:38

And what we've just gone through the last couple of years. And if there was more of that, it would be great. And being triggered every once in a while I still get triggered. I'll get up and talk on the stage and I'm thinking I'm having a great day. And then I'll say something and I'll start crying and then it'll be like, Okay, here we go. Again, just get through this get through this, but let it out.

Bill Gasiamis 34:58

It actually endears The crowds weigh more to me than I ever could plan. So it's

like, oh, okay, all right, okay, I'll get all of the emotional, you know, I'll bring them aboard emotionally even further so it's kind of a positive.

Bill Gasiamis 35:22

And it's never a negative, by the way, when I cry, it's always a positive because it means I don't necessarily know what it means, but it means something when it's happening, it's meaningful. I don't know what but it doesn't matter. It just feels good.

Fiona Moss 35:38

Yeah, and I think as well, you know, we are human beings. So there's a very big difference between being triggered every single time you say my situation, if I named Natalie or if I spoke about it every single time, then someday, you know, just something just triggers you.

Fiona Moss 35:54

And that's a human being, but actually, you know, it's by developing, as I said, for developing that skill set that goes, Okay, well, this has happened. So how do I how do I deal with this today? And how do I move through it, rather than allowing it to pull you pull you down every single time?

Fiona Moss 36:11

You know, if you would allow that to do every single time you spoke how it happened to you 10 years ago? You wouldn't be doing this, you wouldn't be standing on stage, you won't be doing any of that. And I just think it's there's an acceptance that it doesn't mean everything goes away. But it's being able to move forward with the situation or the hand that you've been dealt.

Bill Gasiamis 36:33

Yeah. Tell me about your sister.

Intro 36:35

If you've had a stroke, and you're in recovery, you'll know what a scary and confusing time it can be, you're likely to have a lot of questions going through your mind. Like now long will it take to recover? Will I actually recover? What things should I avoid in case I make matters worse, and doctors will explain things that obviously, you've never had a stroke before, you probably don't know what questions to ask.

Intro 37:00

If this is you, you may be missing out on doing things that could help speed up your recovery. If you're finding yourself in that situation, stop worrying, and head to [recoveryafterstroke.com](http://recoveryafterstroke.com) where you can download a guide that will help you it's called seven questions to ask your doctor about your stroke.

Intro 37:20

These seven questions are the ones Bill wished he'd asked when he was recovering from a stroke, they'll not only help you better understand your condition, they'll help you take a more active role in your recovery. Head to the website now, [recoveryafterstroke.com](http://recoveryafterstroke.com) and download the guide. It's free.

Bill Gasiamis 37:39

What do you remember about her?

## **Natalie Kate Moss**

Fiona Moss 37:42

She was very loud. She was an amazing sister. She was like, you know, the ideal older sister, we were just under six years apart, but still very, very close. We speak on the phone every day. would have like sleepovers in each other's rooms when we were younger.

Fiona Moss 37:45

And very, very bubbly. Very different in many, many ways. You know, I'm probably a lot more academic than she was she was quite a party girl. But very, very creative, very artsy and amazing artist and was pursuing a merchandising role with Karen Millen which is a big clothes fashion brand down in London and that's actually where she was when she had her brain hemorrhage.

Fiona Moss 38:31

But very very sporty. And all my family are and we were very very close family. And yeah, just very fond memories. We used to go to Spain every summer so I have lots of fond memories of doing silly things out there. And I think that's one of the hardest things really is that you know, we weren't really just sisters we were very much best friends.

Fiona Moss 38:57

And I think actually that's always harder particularly when you you know you

imagine especially as a girl you know, you imagine having your maid of honor, or you know bridesmaid or whatever at your wedding and you know an incredible auntie. I mean I don't have children now but my brother has one and another one on the way and she would have been just you know an incredible Auntie.

Fiona Moss 39:18

The sort of Auntie I imagine her to be which was just let you get away with stuff and would probably allow you to drink alcohol a little bit too young you know, that sort of auntie and I just a lot of fun had a very cheeky attitude. And beautiful like absolutely beautiful. So yeah, and incredible, an incredible sister to have.

Bill Gasiamis 39:41

Sounds like she also like to be a little bit of the center of attention.

Fiona Moss 39:45

One would say yeah.

Bill Gasiamis 39:48

Which means that she would be absolutely loving all this stuff being done in her honor and about her and with her etc because she's still part of that whole process? What is she thinking about you guys doing all this stuff in her honor and to help other people? Is she going, you guys are honoring me, or it's amazing that you're helping other people? What is she thinking?

Fiona Moss 40:20

I probably think she think would be thinking both. She was a very, very kind person. So she would be the sort of person that would drop everything to be with other people. And you know, even more, so me. And she would be the first person to, you know, make sure somebody's birthday and they were celebrated, and they were showered with love.

Fiona Moss 40:45

Or sponsoring somebody to do something, she was always the first person in the queue to do anything like that. So very, very, very giving. And I certainly believe that she'll be immensely proud that she's probably I imagine, probably not so much that it's about her, but actually that, you know, she's been able to be the catalyst for such good.

Fiona Moss 41:09

And just a real reflection of the character that she was like, whilst fun and electric and wild. Also, you know, as I say, incredibly, incredibly kind. And I think she would be immensely immensely proud that her name is being driven forward in this way.

Bill Gasiamis 41:33

Yeah. What about your big bro? What kind of role does he play? What does he do?

Fiona Moss 41:38

He does all the stuff that I don't want to do. The numbers, that sort of side of things, that he's an incredible, incredible job. As I said, he really drove it forward for many years. And he deserves so much credit for establishing the relationship that we have with Manchester University, particularly in the early days, and getting everything rolling.

Fiona Moss 42:06

He very much has laid a great platform for us to grow off. And, you know, I'm really, really proud of him for that. And actually, it's really beautiful to kind of be able to work with him on this. And to be able to come together as siblings to support our other sibling. It's a really, really lovely thing to be able to do with him as well.

Fiona Moss 42:32

So yeah, we've got lots of fun, exciting plans for a massive 10 year anniversary fundraising dinner that we're holding for injured people in October, which is quite a big event we're trying to organize.

Fiona Moss 42:46

And that's sort of one of my main roles. I'm roping him in on some odd things that I told him about and he wasn't so pleased. I'm sure he will be on board. So yeah, but it's actually quite fun. And it's exciting. And we've been able to bring in lots of amazing people. Whether it's doing charity bike rides, for the London Marathon, and bringing them all together is really, really lovely.

Bill Gasiamis 43:16

What's your brother's name?

Fiona Moss 43:17

Sebastian.

Bill Gasiamis 43:19

Sebastian, let's make sure that we acknowledge him correctly. We just wont talk about him in the third person. Does he kind of pull rank as well? Does he do the whole this is what's going to happen today. I'm not doing this. I'm not going down there?

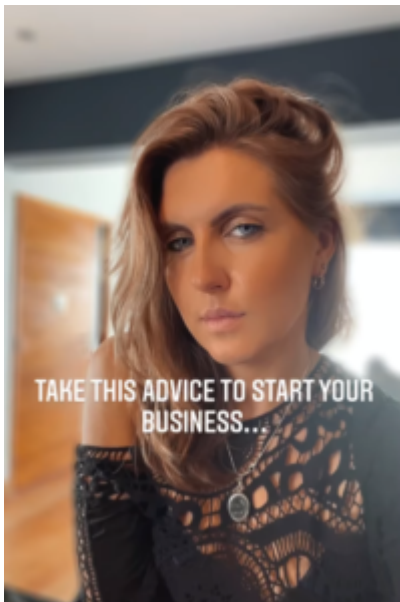
Fiona Moss 43:35

Now, unfortunately, that's probably me. So I imagine he might listen to this and be like, well, yes, that's probably true now. But no, he's made like he really is amazing. And in a way that he's kind of really allowed me to now take the reigns in different areas, and really allowed me to just go with it.

Fiona Moss 43:57

He's probably quite relieved, to be honest as well, you know, but somebody has really come in to support but he's great to kind of work with on it, as I said before, and yeah, is really happy for me to kind of just run with some ideas, no matter how mad they are. And he's been really, really great.

## Running Things With The Family



Bill Gasiamis 44:21

In a moment, I want to talk about the donors. But before I do that, what about your parents? How are they going these days? How are they sort of involved?

Fiona Moss 44:35

Any parent, losing a child, whether they're a child or an adult, is heartbreaking.

And I know it really, really broke my parent's heart, obviously. But I definitely believe that, you know, as I said early on that my mom got really involved in the trust and wanted to be involved wanted to go to all the meetings with Manchester University and be really there and intending and Supporting where she could.

Fiona Moss 45:01

And in the early days, we did things like charity, clothes sales, which she organized, and you know, and is doing things like that as well now, and it's just incredible. I think they, they, as I say, to help in that capacity now, you know, so where they are, but it's definitely specialized sort of taking the lead. And I think it's just been a lot for them, you know, over the years to kind of come to terms of it. But they're doing amazing job, amazing job with it.

Fiona Moss 45:30

And, you know, they're really kind of like living life, the way that you know, I think Natalie would want them to as well, or they would go on big trips, but they haven't been able to because of because of lockdown. So hopefully, they'll be able to go on something quite monumental, quite soon, but you know, they've got an incredible grandchild, especially Max they absolutely adore, they've got him another grandchild on the way from my sister in law as well.

Fiona Moss 45:57

So yeah, they, they, I think we're a real collective family unit. And I actually think that having the Trust has really helped, you know, maintain that I definitely know other families that may be have fallen a little bit as a result of a death of one of them, you know, the structure, check the dynamic changes, I would definitely say that Natalie was like, because she was the middle child as well, she was definitely like a rock between everyone.

Fiona Moss 46:30

So the dynamic hugely shifted. So we were all just again, not only going through grief, collectively, individually, but also the dynamics shifted. And we were having to relearn that dynamic as well. So, yeah, and it took a while, I guess, to kind of come to terms with it with all of that as well. So but I think definitely with the push that what we're doing with Manchester University, now, it's really given everyone a bit of a focus.

Bill Gasiamis 47:02



There's a boring part of everything that you're doing. And that's the numbers, but it's probably the most important part because you're relying on donors to give you their money. And then you want to make sure that what happens at the other end is the money goes where it's meant to go and not in places it's not meant to go.

Bill Gasiamis 47:22

Talk us through a little bit about that process. So one day you I'm walking down the street in Manchester, and there's somebody saying, hey, give us some money because this, Natalie Kate Moss Trust is raising money for research into brain hemorrhages, aneurisms, whatever.

Bill Gasiamis 47:45

And I want you to know that that's actually going into the research team directly, right now, talk us through how important that is for your organization, how transparency is really important. And how you guys move from that place where you receive the money to then actually delivering it, how does that all happen?

Fiona Moss 48:13

Yeah, and I think this is where, you know, a small charity is actually in a way, he probably has a lot more power than a bigger charity or a lot more, you know, can actually deliver what they're saying they're delivered to a degree, I'm not saying you know, bigger charities don't but being able to say, You know what, this money is directly going to this.

Fiona Moss 48:33

And we had a big dinner at Twickenham Stadium in just literally three, four weeks before the pandemic. And we had Manchester University talking that and we could quite easily talk about the money that these people have given us over the years, and literally what it's gotten to, because we have such you know, such little things in the middle to that is going to impact the donations.

Fiona Moss 49:00

And that is incredibly empowering and we can be really powerful it can be really powerful to that money has directly delivered these results. You know, it's very rare you get that with the big charity but we can literally say that we've done this type of research and has shown us this which I think is actually incredibly motivating for donors as well that they can directly see like what their money is going towards as well.

Fiona Moss 49:27

But yeah, our fundraising we talk about this 300,000 pounds but we deliver 100,000 pounds every year so that's sort of our rolling target every single year. But it's like anything in this right the more we can raise and we can support them the more results we can deliver and that's what we're after.

Fiona Moss 49:46

Ultimately, you know, this isn't about profit or anything like that. This is not lining anyone's pockets. This is this is real results. And as you said right at the beginning, this is real results for people that we you know don't even know to to ask potentially ourselves, you know, in a few years time, you know, this can happen to anyone you read the stats out before.

Fiona Moss 50:06

So this is really about supporting, you know, that prevention, obviously the treatment as well with that prevention as well. And but I think it's incredibly motivating for people that are donating to know where that money is going, you know, like anything you want to know what you're spending spending it on. So yeah, obviously a big part, you said, the biggest part of that, ultimately is around the numbers.

Fiona Moss 50:32

This is where we're really trying to get people involved, we've got lots of different things going on, in terms of this fundraising plan, whether it's a 300 person fundraising dinner, whether it's people doing 100 mile bike ride with a number of places in different bike ride challenges, a marathon 10k, whatever it may be, and inviting them in to do that.

Fiona Moss 50:54

And then we've also got principal sponsors, as well, we're actually looking for a few more as well. So if anyone's listening to this, and entries, then please do send us an email. But, you know, we have a principal sponsor who we work with, and we're working with over the three-year period.

Fiona Moss 51:09

And they've been incredible, you know, there are gyms over about, I think they've got about 120 landers, and 14 of them are running the Manchester marathon. They do fundraising events all year. So they're really drumming up their

awareness of the trust as well as supporting us financially.

Fiona Moss 51:29

So, you know, having that level of support, and then it's, you talk about those numbers, in a sense of how many people are actually what you're saying about, do we have enough of a conversation around, it will actually, you know, there's a lot of people at that gym and friends or family of them, who have really been affected by some sort of neurological condition, whether or not they're more a child of theirs, or parent or a sister or brother.

Fiona Moss 51:53

And so they've really been wanting from an emotional level to step up and to help as well. So I think, you know, the more people we can reach, I think we'll we'll start to see that more people are emotionally wanting, will want to help us as well, from a personal point of view, because it does affect so many people. So it is a big part of it, it's definitely something we've got a strong plan for over the coming years.

Fiona Moss 52:17

And I said before, you know, it's a bit more strategical than it was. But you know, is about just making sure that we're reaching the right people who want to support us as well, we don't want to be forcing anyone to, you know, to make a donation when it doesn't necessarily connect with them.

Fiona Moss 52:33

But as I said, you know, Manchester University are praying, some have been able to create such or meet such steps and create a center of excellence, it's called the Jeffrey Jefferson Research Center. And that wouldn't have been possible without all these people, you know, supporting us in the way they have been. So the results, the results are coming. They're they're proving themselves already.

Bill Gasiamis 52:56

How many hours do you reckon? This is a tough question, do you reckon goes into raising 100,000 pounds, how many hours?

Fiona Moss 53:07

I don't know, I don't know, there's been a lot of work on it over the last year or so. Just making sure that we get 50 places in a marathon, and we get them all filled, and we do all the admin around that and we support everyone, that's just one

small part of it, let alone this 300 person event coming up on October, you know, there's just so many ways, even just thinking strategically about okay, how are we going to do this where are we going to get the money from getting sponsors in supporting them.

Fiona Moss 53:37

And this is a charity that especially I run on the side, you know, we've had early we've got businesses as well. So it's been a lot of work, but you said it before, you know, ultimately, it comes down to purpose and it comes down to the reason why we're doing it. And there's a very clear reason why we're doing this, who we're doing it for but actually what we want to achieve out of this as well.

Fiona Moss 54:03

And it's by having that purpose that's what's helped us ensure that it carries on for you know, has carried on for 10 years and it will carry on and it will grow bigger because even when it's late at night or Sunday morning or whatever it may be you know, we're sat down and we're doing a bit of planning around it we're doing the admin around it as well to make sure that we keep pushing on.

Bill Gasiamis 54:25

And you're running your own business and you're living your own life and you're being an auntie and Sebastian's being a dad and my God you guys so much energy that needs to go into this and then you probably got I know in Australia government regulations and things that you need to comply with and abide by and report back on is it similarly strict in the UK?

Fiona Moss 54:55

Yeah, there definitely be some bits that some that's in Sebastian's. But there's a lot of things that we just need, we do need to comply by, I think we actually shifted from a, we were registered as transferring the beginning and we converted it to a charity. I can't remember it was a very, very long process.

Fiona Moss 55:16

But actually, by becoming a charity and having a charity it's enabled us to do a number of other things. So it's quite from a fundraising perspective, and actually being able to get ourselves in different arenas, it's actually been really, really helpful. But yeah, it's like running a business. Right. You know, there's accounts that need to be submitted, there's all the other legalities around it that we just

need to make sure that we're checking all boxes as well.

Bill Gasiamis 55:45

Do you receive donations from people from other countries far and wide?

Fiona Moss 55:50

We do. Yeah, we receive donations from anyone. We've had a number of different people do things all over the world, we ran an event, actually in February called the 101010 Challenge, where we asked people to commit something 10, like, 10,000 I run, 10,000, walk, whatever, it's something simple, simple, donate 10 and nominate 10 people to do the same as well.

Fiona Moss 56:13

And then we have people all over the world doing that, whether it was in Lima, in Peru or America, Egypt, with some people, people in Amsterdam as well. So yeah, some incredible people supporting that as well. So, but we've had people doing different challenges from all over the world.

Fiona Moss 56:31

And we're so incredibly grateful for people, you know, we have people who set up direct debits as well that I don't even know them. And they've kindly set up a direct debit to support every single month. So you know, there are some incredible people out there, you know, we're setting up our system and a process, but it's the people who support us, we really are the incredible people.

Bill Gasiamis 56:54

Yeah, it can't be done without them, really, they've come together to support you, they're probably been impacted in some way, shape, or form. And they may not and they certainly don't all need to have the energy that you guys have to run a foundation to this level, but they're thankful that you're doing it.

Bill Gasiamis 57:13

So they just support you for doing it. And then they don't have to put so much energy and effort into it. They're more efficient at supporting, then you guys, you guys spent so much time doing it. But I love that you do it. And I love that it's your passion. And I love that you found your purpose.

Bill Gasiamis 57:31

And that purpose, I'm sure helps to fill your cup, when other things get difficult

when the rest of life catches up with you. And you're going Oh, well. You know, things are tough at the moment.

Bill Gasiamis 57:42

Okay, that's still a little bit of heart-centered work and go back to, you know, the trust and think about our big sister and, you know, the family at large and the rest of the community that's benefiting and it's like, wow, man, that's that's a really great reason to be around on the planet for.

Fiona Moss 58:00

Yeah, yeah, I agree. And ultimately, you know, it was a base purpose as well. But it's kind of like what you're saying before, it's like, some problems, we do makeup. And we get really frustrated. And that kind of grounds you, when you have this work to do that, you recognize that, yeah, this happened and we couldn't control it.

Fiona Moss 58:21

But I'm getting frustrated by something that I shouldn't really be getting frustrated about, you know, it doesn't matter. And it really just grounds you actually, by having this work constantly kind of on the go.

## Catching Up With People



Bill Gasiamis 58:35

One of the things that stroke's done for me is it's reminded me well it's done lots of positive things, but it's really reminded me of how important it is to catch up

with people when catching up is on your mind, but you don't really get around to it. It's like, because there's, I've lost a few people in my time, you know, I'm 47.

Bill Gasiamis 58:57

So there's been plenty of people that have come and gone since I've been on the planet and will continue to do so. And it's like I have this thing that's popped up into my head recently in the last sort of six months that I've been grappling with it because I don't want to seem insincere when I say to other people, I don't want to come across as being blunt, or rude or anything.

Bill Gasiamis 59:20

But it's like, we haven't caught up with certain people for a period of time we've been supposedly, you know, trying to catch up for six months or 12 months or whatever. And COVID was a good excuse for a long time. We all love each other but then we found other excuses.

Bill Gasiamis 59:37

We all want to catch up and then we found other excuses. And I'm like, if I did die, all of those people that I haven't been able to catch up with for the last seven months would definitely make time for my funeral right now, trying to get them to make time to have a bloody beer with me is near impossible.

Bill Gasiamis 59:59

And I don't want to say that to them, because I think that might be a bit abrasive or harsh or whatever. But that's kind of what I'm thinking. And that makes me then go, I'm going to try again, I'm going to call them again, or I'm going to catch up with the other person who has said that to me that we need to catch up.

Bill Gasiamis 1:00:17

And we haven't made it happen yet. So I'm really motivated to continue not missing out on those moments. That could not happen again, tomorrow onwards like it could just not happen again that's it.

Bill Gasiamis 1:00:36

And I don't know when and I hope it's when I'm 99. But it could happen before then. So does this whole work that you do, does it remind you that you need to pay attention to the people that are around you, and that you love, because of the same reason that you or they or anyone, could just not be here tomorrow.

Fiona Moss 1:01:04

I definitely think that this work, and obviously the perspectives that I've kind of discussed, like, particularly also with my boyfriend, as well as completely shifted my outlook on life. I'm very much like what you're saying is about living today, right. And I'm, a big picture thinker, and I want to do all these big things I want to make the impact, etc.

Fiona Moss 1:01:26

But I'm also at the same vein every single day, will be very aware of those small moments, because I appreciate that it is the small moments that make life it's not one big thing one holiday a year or whatever it may be, it's every single day. It's the small moments, it's the moments between moments that are actually really, really powerful, and really beautiful.

Fiona Moss 1:01:46

And that's what makes life and I think understanding your priorities, really recognizing what you want from your own life. And understanding what relationships support you to do that and support you to be yourself and support you also to just I don't know, just connect more with your your own life and really allow you to live life to the fullest in the way that you want to do it the way that's fulfilling for you.

Fiona Moss 1:02:14

Because there are many different relationships that we have in our lives, and some will stay some will go, you know, some come in for a reason. And they leave for a reason as well. And I'm a true believer in that. And I'm a true believer that not everyone needs to stay to but it has certainly made me want to.

Fiona Moss 1:02:35

For those who I'm deeply connected with, you know, I want to spend every minute with them. And I want to talk to them all the time to share moments with them to share experiences with them as well. I'm, I'm a believer in my in terms of my relationships, I want to have deep, meaningful relationships, just that I want to do stuff in my life that is meaningful, lived places that are you know, providing me with experiences rather than just superficial things.

Fiona Moss 1:03:03

But that's me. And that's how I want to enjoy my experiences. So yeah, I definitely



prioritize those relationships, which enabled me to do that. Because they are the most fulfilling to me. So if I did die tomorrow, I know that I'm cultivating relationships that make me feel like that, rather than necessarily hanging on to specific relationships, just because I've had a relationship with them in the past for whatever that relationship look like.

Fiona Moss 1:03:28

And I think by shifting the lens on it like that, it really enables you to be like, Okay, well, if I speak to I'll have an amazing time if they're there today or tomorrow. Doesn't mean, I don't love them less doesn't mean they've not had an impact on my life. But do I want to prioritize constantly feeling like I need to chase someone?

Fiona Moss 1:03:47

No, probably not. I want to be able to sit down, enjoy life, enjoy my own company, you know, go travel the world have these experiences, have deep meaningful conversations, and discuss the things that matter. And that's what matters to me. It's different for everyone. But I think that's the way I approach it. And naturally for me, that makes me less scared if I did you know, something happened tomorrow.

Fiona Moss 1:04:13

I'm not worried that I'm scared that I don't feel like something isn't done. Something isn't complete. You know, so many things I want to do. But you know, I can't do everything right today. And there's there's always going to be something I want to do. I know 99 There's going to be something I want to do because we can't complete everything in the world. But I know that I'm living in a way that allows me to do that. And I think that's I find a sense of peace with that as well.

Bill Gasiamis 1:04:44

Yeah, I love it. That's awesome. Where can people go to find out about Natalie Kate Moss Trust. Where do they go to donate? How can they follow you on social media?

Fiona Moss 1:04:58

Yes. If you wouldn't be so kind to support us or to find out more about us, we have a website, which is [www.nataliekatemoss.co.uk](http://www.nataliekatemoss.co.uk), our Instagram, we do have an Instagram account, which is [Natalie\\_Kate\\_Moss\\_Trust](#). So you're just chuck in

three underscores in there.

Fiona Moss 1:05:20

And if you do want to donate, the best place to go is on our website. And you can find different ways to donate the main places, we have an account. And so it's just super, super simple. And we also have a text to donate. That's only available in the UK, though. So if you're UK based in the UK listeners, but you can provide on donate on just giving anywhere in the world.

Bill Gasiamis 1:05:43

Yeah, if I was in the UK, I would definitely be attending your event. And if I ever get to the UK, I'll probably go to the website, find out when the events are and then be there at the same time so that I could attend an event, a 300 person event, raising money for this amazing foundation in memory of Natalie, done by the family, I think is just would be just an amazing thing to experience.

Bill Gasiamis 1:06:14

I really want to thank you for the work that you're doing for the people that you don't know. And for me personally, who is benefiting from the research that's being done in the universities across the planet. By people that don't know me, I just find it fascinating that somebody wakes up in the morning and they go, You know what I'm gonna work out how neuroplasticity helps people survive.

Bill Gasiamis 1:06:40

I overcome this. And I'm like, Man, I wish I was that smart to come up with something amazing like that, or the best I could do was trying to find out how to paint somebody's house. And it was like, crude as that is this is next level fulfilling. So thanks for that. Thanks to Sebastian as well for all the work that he does.

Bill Gasiamis 1:07:05

And I'm going to subscribe to your newsletter. And I encourage other people to subscribe to the newsletter to be kept up to date with what's happening. And I wish you well with all your future projects, and your own personal life and business. I look forward to connecting with you in the future.

Fiona Moss 1:07:25

Thank you so much for having me, Bill. It's been great. And I just want to say as well, like, thank you so much for running this podcast. You know, we said it right

at the beginning. Is there enough conversation going on around stroke? No, but you're facilitating that and getting the ball rolling. So thank you so much.

Bill Gasiamis 1:07:39

Thanks for joining us again today for another episode of the podcast. I hope you enjoyed it. If you got something positive out of this conversation, please comment, like and share. If you're watching on YouTube, give the show a thumbs up leave a comment I love seeing people's comments and responding to them.

Bill Gasiamis 1:07:59

This will also help this show rank better wherever you may be watching or listening any feedback, any review, any comments that you leave will make a massive difference to how the search engines rank the show. And as a result, how many people will find them.

Bill Gasiamis 1:08:17

And then as a result, what a difference it could make for caregivers, and for stroke survivors alike, who are perhaps going through a little bit of a tough time now. So any help in that way from you would be a really massive help and I would really appreciate it. Thanks so much for listening. I look forward to seeing you on the next show.

Intro 1:08:38

Importantly, we present many podcasts designed to give you an insight and understanding into the experiences of other individuals. The opinions and treatment protocols discussed during any podcast are the individual's own experience and we do not necessarily share the same opinion nor do we recommend any treatment protocol discussed.

Intro 1:08:55

All content on this website at any linked blog, podcast or video material controlled this website or content is created and produced for informational purposes only and is largely based on the personal experience of Bill Gasiamis the content is intended to complement your medical treatment and support healing.

Intro 1:09:12

It is not intended to be a substitute for professional medical advice and should not be relied on as health advice the information is general and may not be suitable for your personal injuries, circumstances or health objectives did not use our

content as a standalone resource to diagnose, treat, cure or prevent any disease for therapeutic purposes or is a substitute for the advice of a health professional.

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Never delay seeking advice or disregard the advice of a medical professional your doctor or your rehabilitation program based on our content if you have any questions or concerns about your health or medical condition please seek guidance from a doctor or other medical professional.

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If you are experiencing a health emergency or think you might be, call 000 if in Australia or your local emergency number immediately for emergency assistance or go to the nearest hospital emergency department medical information changes constantly while we aim to provide current quality information in our content.

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