

“I was a carefree teenager who didn’t have a care in the world. I lived life to the max, always hanging around with my friends and we loved being out. It was on a night out with them that my life changed forever. I crossed the road at the wrong time, without taking due care and attention and as a result, I was hit by a van, thrown 30ft down the road and left totally paralysed.”



## LAUREN DOHERTY BCAF

Tetraplegic

“I remember all the conversations going on around my bedside, and one in particular about the fact I wouldn’t be able to breathe again for myself. I remember feeling so determined that I would be able to do it, so I made it my focus to prove everyone wrong.”

### THE SUPPORT I NEEDED MOST

“Seeing the impact my decision had on my whole family was emotionally hard. We all had to adjust to our new lives. I wasn’t sure what the future would look like for me, especially in the early days when my prognosis wasn’t great. At first, finding the right care and support wasn’t easy and it would have been great to speak to people who had experience to get their opinion on the pros and cons of different options. I always knew I wanted to raise awareness of road safety to prevent anyone else experiencing the same, but I didn’t know where to start. Being surrounded by positive people helped me to achieve my dream. My charity work has enabled me to have a focus and a purpose again.”

**“YOU HAVE TO TRY YOUR BEST TO READJUST TO YOUR NEW LIFE, STAY POSITIVE AND MAKE THE MOST OF EVERY NEW OPPORTUNITY AVAILABLE TO YOU.”**

**“NEVER SAY NEVER, BECAUSE SOMETIMES THE IMPOSSIBLE IS POSSIBLE.”**

“My wife, Alyson, and I were with Lauren when she was told of her prognosis. She composed herself and had a steely look on her face. I knew then she would not let this accident define her.”



## VINCE DOHERTY

### Father

“The initial impact of Lauren’s accident left me feeling both guilty that I had dropped her off at her friend’s house on my way to work that night and also extremely scared for the future. Lauren’s strength and determination in turn gave me the strength I needed and I just wanted to do everything I could to help her to achieve her goals.”

### THE SUPPORT I NEEDED MOST

“When it became clear as to the extent of Lauren’s condition, as a father, you feel you have to control your fears and be strong for everyone around you. There were times I just needed to be on my own to deal with things and try to process what had happened. No one is there to tell you what life for your daughter and family will look like. You just go from day to day, asking the questions, making the calls and speaking to people to try and piece whatever the future holds together and make plans. We were fortunate that we had friends who were there for us, and are still there for us 12 years down the line. They helped both Alyson and myself immensely.”

**“I’M PROUD OF LAUREN  
BECAUSE OF WHAT SHE  
HAS ACHIEVED AND HOW  
SHE’S ACHIEVED IT. WITH  
EVERYTHING THAT HAS  
BEEN THROWN AT HER,  
SHE’S NEVER GIVEN IN  
AND I DON’T EVER THINK  
SHE WILL.”**

“On the night of Lauren’s accident, I was woken by a knock at the door. I thought it was my husband who must have finished his nightshift earlier and forgotten his keys. As I walked down the stairs, I could see through the glass door and soon realised it wasn’t my husband, but a policeman.”



## ALYSON DOHERTY

Mother

“I told the doctors repeatedly that Lauren wasn’t going into a care home and that I would look after her myself. I just wanted to care for her and wanted her back home with us.”

### THE SUPPORT I NEEDED MOST

“I would hear the doctors and nurses talking and watch them doing their job and would think how am I going to cope. I remember saying to my friend ‘I don’t know what to do’. Of course you learn as you go along, but I would have really benefitted from speaking to someone else who have been where we were at that point to say ‘It might be hard now, but you will be ok.’”

**“THE DAY CAME FOR LAUREN TO MOVE OUT TO HER OWN HOME AND WE OFFERED TO STAY WITH HER THE FIRST NIGHT. SHE DIDN’T WANT US TO AND SAID SHE WOULD BE OK. ALTHOUGH I WORRIED SO MUCH ABOUT HER, WE HAD TO LET HER DO IT, IT WAS PART OF GAINING HER INDEPENDENCE.”**