



Jade & Andy Turner

Bedfordshire Fire & Rescue

"I knew that one day, if I didn't benefit from the Charity's services again, someone else in my family might"



Receiving a diagnosis of scoliosis not long after her 17th birthday, firefighter's daughter Jade Turner turned to the Charity to help her find ways to cope both physically and psychologically.

"I am surrounded with images of 'perfect' bodies and, being 18, I get a lot of insecurities and anxieties, on top of the pain," says Jade. "My condition is something I have to learn to deal with. Surgery isn't an option at the moment, so instead of medication, I wanted to find other ways to cope."

Jade's dad, Andy, who is a wholetime firefighter at Welwyn Garden City, had been supported by the Charity 12 years ago, so knew she'd be in safe hands: "It's daunting to find out at that age that you have this condition and learn how it will affect your life, and she's been feeling understandably vulnerable," he says. "We thought it would help her psychologically as well as physically."

Jade was offered a place at our centre in Cumbria to see what we could do to help. During her stay at Jubilee House, she was shown ways to deal with the pain and relaxation methods, as well as given coping mechanisms for anxiety and insecurities.

"Everyone was lovely and helpful, wanting you to achieve more," she says. "It was nice having someone to talk to, and to be given ways to cope. The pain varies from day to day, but for me it's normal, so I try not to dwell on it too much."

For Andy, seeing the difference Jade's stay in Penrith has made to her happiness has helped ease some of the worries he feels as a parent of a child living with long-term pain: "This has given her ways to cope. I've always been aware of the Charity, and made sure I took part in fundraising etc. I knew that one day, if I didn't benefit from their services again, someone else in my family might."

www.firefighterscharity.org.uk/jade-turner

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