

## 00. Introductory notes

During my recovery I am keep a log of major events and milestones. I record these events in days after my first stroke. I do this as the NHS generally 'write-off' stroke survivors after 3 years or 1,095 days.

I know that, 'With man this is impossible, but with God all things are possible' (Matthew 19 v 26) and so to show the world that God heals in His own timetable and not that of the NHS, I will sometimes mention days.