

Here is a copy of our Christmas letter
you can see in one year of blessed
how far he has come
Merry Christmas!! Thank You For helping me
to help Calum x

It is hard to believe yet another year has passed so fast! I hope you are well.

I wanted to keep you all up to date on Calums' progress as so many of our family and friends have been kind enough to ask how things are going.

We are another year into Calum's recovery programme and he is doing great. This time last year Calum could not speak or communicate at all, the Doctor's told us he might never speak. Now he has hundreds of words and is very bossy cannot think where he gets that from!!!! Calum has started mainstream nursery and loves it, he goes two mornings a week with his tutor from his home based ABA programme. It touches me every time I go to meet them both and walk into the room where he sits so nicely in a circle with all the other children waiting for their Mummies to arrive. He has a big smile on his face and gives me a cuddle before we go home for lunch. Even a few months ago I would not have thought this possible. He has started doing puzzles and playing catch with other children there. He even has his own fan club of little girls!!!! He laughs and plays with all his toys; his loves are cars and his garage, Thomas the Tank, and puzzles. He also loves his books and enjoys being read to now and then. Calum is slowly getting better and autism bit by bit is slowly being left behind.

We have great ABA tutors and a Case Manager who is helping Calum learn and catch up on all he has missed out developing normally. He knows his alphabet, colours, numbers up to 70. We have discovered whilst healing Calum that he is very bright.

Slowly as we heal his gut, repair his immune system whilst removing live viruses and heavy metals (sounds so easy!!) his brain can heal, grow and develop normally. We have already made a difference as you can see from his development currently. The biomedical protocol is very tough as it does take over our lives on a day to day bases, even to go out for the day we have to take a cooler bag full of supplements and Calum's diet is very strict no gluten, dairy, sugar, corn, yeast or any artificial or processed food so I have to make everything he eats from scratch.

Calum is under a wonderful DAN Practitioner (Defeat Autism Now) who I speak with every four weeks and we discuss any test results, how he is doing, any alterations that are made to his programme and we are supported by a Doctor in Florida. It is a very difficult journey and we have cried, shouted, screamed and laughed a lot on the way, but at the centre of it all is one very special little boy who has been through so much. We still have behaviours to work on but I know that as his vocabulary develops he will not feel so frustrated as he cannot express himself properly at the moment. I spend most of my days researching autism and all the interventions we are using for Calum. Calum is in session 5 days a week with his tutors 6 hours a day. Our loft room is Calum's ABA session room and it looks like a small nursery. He mostly loves his sessions. Every time

he learns something new he gets really excited and you can see he feels more connected.

Weekends are spent doing fun things, as a family we go to the seaside or to a National Trust Park where Calum loves feeding the ducks. We really appreciate every learning step he makes and what most people take for granted we get really excited about. We really enjoy the simple things in life. Calum throwing bread to the ducks being one as only a few months ago this would not have been possible due to him not standing still long enough or showing any interest in doing so.

I hope and pray that this time next year I am writing to tell you that Calum has finished this chapter in his life and has made a recovery. We have everything on our side and a strong determined mindset.

I was sent a poem by another Mum recovering her son and I wanted to send it to you as I can relate to it so much, Calum is my wonderful little starfish.

As I walked along the seashore
This young boy greeted me
He was tossing stranded starfish
Back to the Deep Blue Sea.

I said "Tell me why you bother,
Why you waste your time this way
There's a million stranded Starfish
Does it matter, anyway?"

And he said "It matters to this one,
It deserves a chance to grow.
It matters to this one
I can't save them all I know.

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> But it matters to this one
> I'll return it to the sea
> It matters to this one,
> And it matters to me."



I hope you all have a wonderful Christmas and we send you lots of love and hugs.

Sarah, Mark and Calum

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