

News

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A LEICESTERSHIRE woman who suffers from a chronic neurological condition is preparing to run the London Landmarks Half-Marathon to honour her dad, who has had a brain tumour removed.

Originally from Rothley, Naomi Lowe will race on Sunday, April 6, and has just beaten her £2,000 target for the Brain Tumour Charity.

Gary, Naomi's dad, was signed up to run the half-marathon last year for Loros, before he fell ill and was unable to take part.

Naomi said: "It turned out the symptoms that stopped him doing the marathon last year were because of his brain tumour.

"He had his tumour removed and then I saw an advert for the London Landmarks Half-Marathon and thought, my dad couldn't do it last year, so let's see if I can do it this year.

"I got a place and decided we'd raise money for the Brain Tumour Charity for dad."

Despite developing symptoms last April, Gary, 56, from Thurmaston, was determined to still raise money for the Leicester hospice, having had to learn how to walk again.

"I still managed to raise thousands for Loros," he said. "I walked 13.1 miles round Watermead country park in two halves, on a Saturday and Sunday."

After his diagnosis, Gary initially spent 10 days in hospital on medication to reduce swelling. A five-hour operation to remove his tumour followed on June 20 - where he woke up with very little movement on his

# Despite battling pain every day, Naomi will run London race in honour of dad

## RAISING MONEY FOR CHARITY AFTER GARY HAD BRAIN TUMOUR

left side. He spent 10 days in the Queen's Medical Centre (QMC), in Nottingham, where he learned to walk again, before briefly returning home. He was then in Leicester Royal Infirmary with a suspected chest infection, which turned out to be double pneumonia.

Post-operation, Gary's head began to swell again. He was taken back to

QMC, where a plate in his skull was removed, which turned out to be a rare form of meningitis, called pachymeningitis.

Finally, Gary was well enough to go back to Leicester's General Hospital, where he stayed on the neuro-rehabilitation ward, having spent a 16 weeks in three different hospitals over the course of the last year.



JOURNEY: Gary and Naomi at Christmas, Gary wearing his helmet

He has no skull due to the surgery, so wears a helmet every day to protect his head.

"If I don't wear my hat and I fall, it's game over," said Gary.

"I've got a squiddy head, because I've got no skull.

"It's been a long journey, thankfully I don't remember most of it, but my wife and kids do. I'm still halfway through that journey."

Over Christmas, Gary completed a six-week course of radiotherapy to "kill off" the remaining 5 per cent of his tumour.

In April he will have another MRI scan to determine if the tumour has gone or stopped growing.

"It's been mixed emotions," said Gary. "We've tried to laugh about it like most things, because we're an open family. But I cried like I've never cried before.

"I don't suffer from my mental health, but 16 weeks in hospital was beginning to take its toll on me.

"All the rehab departments at the General Hospital were amazing and they would've kept me there for another four, five weeks, but I'd had enough. They agreed to let me go as long as I promised to do my exercises."

Gary remembers very little of the whole experience, but despite this, thanks the NHS for "saving his life".

"It's scary that I've had to learn to walk again," says Gary. "You can't envisage having to learn to walk."

Naomi herself suffers with fibromyalgia, a neurological chronic condition, that causes widespread pain, fatigue and tenderness in the muscles.

Weather

Around the Country

|            | Thursday | °C | °F | Friday  | °C | °F |
|------------|----------|----|----|---------|----|----|
| Birmingham | cloudy   | 15 | 59 | cloudy  | 10 | 50 |
| Bristol    | cloudy   | 15 | 59 | pcloudy | 12 | 54 |
| Cardiff    | cloudy   | 15 | 59 | sunny   | 10 | 50 |
| Carlisle   | cloudy   | 13 | 55 | showers | 10 | 50 |
| Exeter     | cloudy   | 15 | 59 | pcloudy | 11 | 52 |
| Gloucester | cloudy   | 15 | 59 | pcloudy | 12 | 54 |
| Leeds      | cloudy   | 16 | 61 | pcloudy | 10 | 50 |
| Liverpool  | cloudy   | 15 | 59 | showers | 9  | 48 |
| London     | pcloudy  | 16 | 61 | showers | 13 | 55 |
| Manchester | cloudy   | 16 | 61 | showers | 10 | 50 |
| Norwich    | sunny    | 16 | 61 | rain    | 12 | 54 |
| Nottingham | cloudy   | 15 | 59 | pcloudy | 11 | 52 |
| Plymouth   | overcast | 12 | 54 | pcloudy | 10 | 50 |
| Swansea    | overcast | 13 | 55 | pcloudy | 10 | 50 |

Around the World

|             | Thursday | °C | °F  | Friday   | °C | °F |
|-------------|----------|----|-----|----------|----|----|
| Amsterdam   | pcloudy  | 14 | 58  | sunny    | 14 | 58 |
| Beijing     | cloudy   | 13 | 55  | overcast | 10 | 50 |
| Corfu       | rain     | 16 | 61  | rain     | 16 | 60 |
| Majorca     | pcloudy  | 17 | 63  | pcloudy  | 17 | 62 |
| Mexico City | pcloudy  | 24 | 76  | sunny    | 27 | 81 |
| Moscow      | rain     | 5  | 41  | rain     | 11 | 52 |
| New Delhi   | sunny    | 38 | 100 | sunny    | 33 | 92 |
| New York    | sunny    | 11 | 51  | rain     | 13 | 56 |
| Paris       | sunny    | 18 | 64  | sunny    | 17 | 63 |
| Rio         | sunny    | 28 | 82  | sunny    | 28 | 83 |
| Rome        | rain     | 14 | 58  | cloudy   | 16 | 61 |
| Sydney      | rain     | 26 | 79  | rain     | 24 | 75 |
| Tokyo       | pcloudy  | 21 | 70  | rain     | 22 | 71 |

Today's Weather

Skies will be partly cloudy to cloudy today. Afternoon highs will range from 15 to 16C.

Sun & Moon

|          | 5:53 a.m. | 6:33 p.m. | 5:22 a.m. | 3:58 p.m. |
|----------|-----------|-----------|-----------|-----------|
| Sunrise  | 5:53 a.m. | 6:33 p.m. | 5:22 a.m. | 3:58 p.m. |
| Sunset   | 6:33 p.m. | 5:22 a.m. | 3:58 p.m. | 5:53 a.m. |
| Moonrise | 5:22 a.m. | 3:58 p.m. | 5:53 a.m. | 6:33 p.m. |
| Moonset  | 3:58 p.m. | 5:53 a.m. | 6:33 p.m. | 5:22 a.m. |

Almanac

|                          | Birmingham | Cambridge | Derby | Nottingham |
|--------------------------|------------|-----------|-------|------------|
| Yesterday's High (°C/°F) | 13/55      | 14/57     | 13/55 | 15/59      |
| Yesterday's Low (°C/°F)  | 4/39       | 4/39      | 10/50 | 12/54      |
| Yesterday's Precip       | 0.00"      | 0.00"     | 0.00" | 0.00"      |

|                          | Burton-on-Trent | Coventry | Leicester | Stoke-on-Trent |
|--------------------------|-----------------|----------|-----------|----------------|
| Yesterday's High (°C/°F) | 13/55           | 13/55    | 13/55     | 12/54          |
| Yesterday's Low (°C/°F)  | 10/50           | 4/39     | 10/50     | 2/36           |
| Yesterday's Precip       | 0.00"           | 0.00"    | 0.10"     | 0.00"          |

Four-Day Outlook

|                | Friday     | Saturday  | Sunday     | Monday    |
|----------------|------------|-----------|------------|-----------|
| Partly cloudy. | 10°C/ 50°F | 3°C/ 37°F | 7°C/ 45°F  | 6°C/ 43°F |
| Cloudy.        | 11°C/ 52°F | 7°C/ 45°F | 13°C/ 55°F | 5°C/ 41°F |
| Cloudy.        | 13°C/ 55°F | 6°C/ 43°F | 14°C/ 57°F | 5°C/ 41°F |
| Cloudy.        | 14°C/ 57°F | 5°C/ 41°F |            |           |

River Levels

|                       | Current (m) | Flood | Current (m)    | Flood |      |
|-----------------------|-------------|-------|----------------|-------|------|
| River Trent           |             |       | River Leen     |       |      |
| Bucknall              | 0.10        | 0.39  | Bulwell        | 0.32  | 1.10 |
| Clifton Bridge        | 0.95        | 2.90  | Lenton         | 0.12  | 1.00 |
| Colwick               | 1.20        | 3.60  | River Soar     |       |      |
| Shardlow              | 0.63        | 1.70  | Freemen Weir   | 0.20  | 0.47 |
| Willington            | 1.03        | 2.35  | Littlethorpe   | 0.60  | 2.13 |
| River Derwent         |             |       | River Nene     |       |      |
| Church Wilne          | 0.60        | 1.60  | Kislingbury    | 0.31  | 1.89 |
| Derby City            | 0.58        | 2.00  | South Bridge   | 1.14  | 1.20 |
| River Cam             |             |       | River Ouse     |       |      |
| Cambridge Baites Bite | 0.24        | 0.29  | Goole          | -0.71 | na   |
| Dernford              | 0.20        | 0.40  | Selby Lock     | 2.53  | 3.78 |
| River Cole            |             |       | River Rea      |       |      |
| Solihull              | 0.27        | 0.42  | Calthorpe Park | 0.11  | 0.42 |
| River Tame            |             |       | River Granta   |       |      |
| Perry Park            | 0.51        | 0.87  | Stapleford     | 0.18  | 1.02 |