

My name is Neill Jupp and am 75 years of age and a Polio Survivor who caught Polio at the age of 3. The main part of my body that got the Polio was my right side from the right arm to my foot which was described as a club foot very misshapen and no muscle at all.

I spent most of my early years in an isolation hospital in Newhaven Sussex where my parents looked through the window from outside not being allowed anywhere near me. Most of my hospital stays were in Chailey Heritage a craft school in Sussex in the middle of nowhere making it difficult to visit as the bus service was very poor. How my mother got to visit me I will never know as she never talked about my early years as she seemed to blame herself.

Life in Chailey was difficult to say the least the regime was harsh you had to watch your back at all times as you could and would get a beating for just being in the wrong place at the wrong time. My medical side was lots of procedures and 2 operations which have lasted for 66 years but are now worn out and no replacement in sight as nobody nowadays knows much about polio due to all the old surgeons being retired or dead, so polios get pushed out because nobody seems to care or understand the pain you are now in.

My treatment over the last 40 years has been hit and miss some doctors will take you on then either move on or retire just as you are getting them to understand your needs very frustrating.

My life now is that I am back to walking sticks as the pain in my leg is so bad that a stick takes the pressure off my joints. The only exercise I can manage is swimming as it is non weight bearing so my joints can relax for 30 minutes. You have to keep positive and not let it beat you but I take lots of breaks so that I am not tiring myself out plenty of fresh air on the seafront sitting on a bench and enjoying the view also is good for you.