

Following the Dicey situation

By **Tracey Dicey**

As many of you have probably heard I was in a serious accident on December 26 in Calliope, when my horse fell.

I was taken to Gladstone Hospital and then flown to the Royal Brisbane Hospital where I was in a coma for 16 days and a resident there for two months.

I was fortunate and came away with only two broken bones; however I was similar to a stroke patient in that I could not move my left side.

I had to learn to walk and talk again.

It was a very happy day once I could walk again. They had to restrain me in the bed because I would not stop getting up and walking around.

While I was there I had speech therapy, occupational therapy and physiotherapy. All of these procedures had a lot of testing and examinations to see the extent of my brain injury.

Early in my rehabilitation process I was made aware of another jockey in the ward, Jason Holder.

He was fantastic support and a great friend to me during the biggest part of my life to date.

We were both transferred to the brain injury rehabilitation unit at Brisbane's Princess Alexandra Hospital where we stayed for just over a month.

Our days included more occupational therapy, physiotherapy and speech therapy. My favorite was physiotherapy because they had a gym with a treadmill and exercise bikes.

Occupational and speech therapy were much the same, trying to improve our memories, our talking skills and attention to detail.

We had communal meals at the unit and Jason, two friends and I sat together and talked about our future and what we were going to do when we got out.



During rehabilitation we were permitted to go home on the weekends from 3pm Friday, however we had to return 9am each Monday. This began a countdown of the days each week until we could return home.

Now that I am out of rehabilitation I still undertake weekly sessions of occupational therapy, speech therapy and physiotherapy.

I find myself very much motivated to get back to the sport I love, horseracing.

Jason and I made a promise to each other though, that we would not come back

until we were 120 per cent right to ride.

During my time out of hospital I have had many opportunities bestowed upon me such as Sydney's The Daily Telegraph inviting me to be a guest of the racecourse on Doncaster Handicap Day at Randwick Racecourse.

During this weekend in April I met many people, including Samantha Spratt who had the same injury five years ago that I have now, and is inspiring due to how well she is doing.

I was also fortunate enough to meet Samantha Collett, Kathy O'Hara, Christopher Munce, Glen Boss and Bart and Anthony Cummings. I thank them all for their well wishes and words of support.

I have clearance to go to the Deagon office of Queensland Racing to ride the mechanical training horse as often as I can.

I also recently started light administration duties at Queensland Racing in the legal and compliance department. Therefore I am keeping busy, on the road to recovery and hope to be back riding winners again soon.

To everyone who visited and phoned while I was in hospital, thank you very much. And of course to Jason Holder, thank you so very much for being such a fantastic, supportive friend.

I am one of the lucky ones and I will be back! ●

History project heads regional

The old race records, photos and trophies have started making their way out of attics across the state for Queensland's History of Racing project.

Cameras have been rolling capturing some of Queensland's great characters on film and

reflecting on some of the history making moments that shaped racing in Queensland.

During the last few months Queensland Racing Limited has been concentrating on the characters in South-East Queensland but the call for regional areas to gather information

for the project has gone out.

Plans are underway to hit the road in regional Queensland during August and September.

For further information please contact Claire Power at cpower@queenslandracing.com.au or (07) 3869 9782. ●