



**BRIAN THE  
ROBOT  
THE CHRISTMAS  
HELPER**

Written by Hannah Padley

# Brian the robot

## The Christmas Helper

Father Christmas had a cold! AAARRRCCCHHHOOOOO HOHOHO!!!  
In the NORTH pole, the sneeze was so loud that it could be heard all the way in the SOUTH POLE.

Mrs Christmas said that Father Christmas needed more help this year. He had his reindeer; he had his elves...but he still needed help.

Mrs Christmas looked on the 'good list'. The very top of the list was 'Brian the Robot'. He had been extremely kind and helpful to lots of people throughout the year. Brian would be perfect.





Father Christmas sent a special letter to Brian; it was delivered down the factory chimney. It was an invitation to the North pole. What a surprise. Dave his carer and all his FND friends were so excited for him to go.

Brian was magicked up to the north pole. Father Christmas asked him to help wherever he could.

The elves were sooo busy, making and wrapping and sticking, and making and wrapping and sticking some more.

Brian was introduced to 'Jingle' one of the chief elves. Brian explained to Jingle that he had Functional neurological disorder and that his robot brain did not send and receive signals correctly.



He may sometimes shake or wobble and was often tired but could still be very useful.

Brian said that to be really helpful, he would need to rest sometimes and would need to use his spoons carefully.

Jingles eyes lit up.....he loved spoons...for jelly and custard and chocolate pudding....not to mention the Christmas pudding.

Brian smiled. He would have to explain to Jingle that for Brian, spoons were energy. Because of his FND, if he used too many spoons without resting and recharging, his battery would be flat.



That would NOT be helpful.

Jingle understood but liked the thought of pudding more.

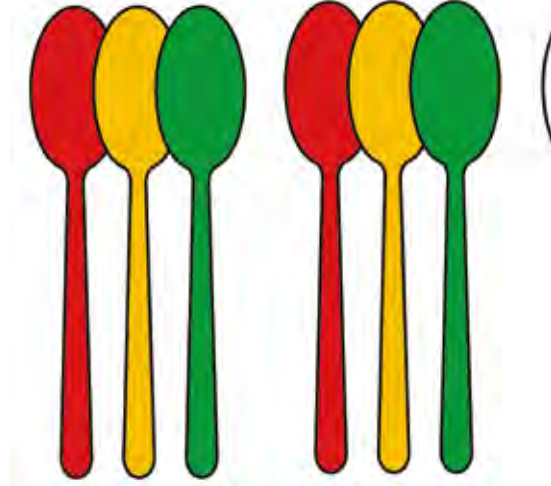
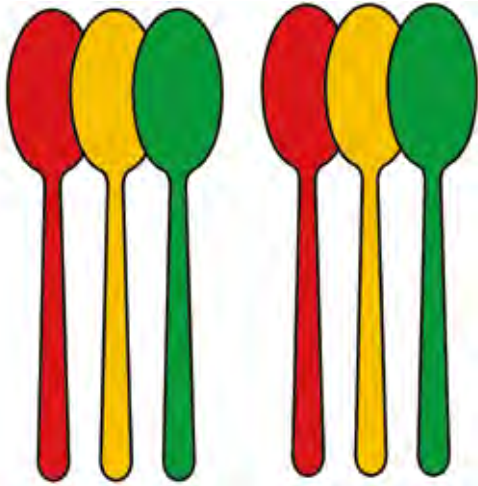
Yum.

Brian had to be organised, Father Christmas was still sneezing  
ARGHHHCHOOOHOHOHO!!!

Brian helped a lot and rested when needed. Brian used his spoons. (Jingle had jelly with his spoon)

# Spoon Theory

If you had 12 spoons today how would you use them?



**Get out of bed**  
**Make a phone call**  
**Get dressed**



**Cook a meal**  
**Doctors appointment**  
**Socialize**



**Take a shower**  
**Manage meds**  
**Walk the dog**



**Go to work/school**  
**Grocery shopping**  
**Exercise**

The Spoon Theory is a creative way to explain to friends and family what it's like living with a chronic illness. Every activity we do costs one or more spoons. A healthy person has an unlimited supply but if you have a chronic illness you only get a limited number per day which must be planned and used wisely.

The Spoon Theory was created by Christine Miserandino.

By Christmas eve everything was ready. Brian had been busy he was tired. The sleigh was gleaming, the reindeer were fed. Rudolph's glowing nose was shining bright.

With, FND Brian sometimes found bright lights tricky. Stroking Rudolph's fur soothed him and helped the tingling that Brian felt in his robot arms.

Mrs Christmas gave Father Christmas an extra blanket and hot water bottle and instructions for Brian and jingle to help the elves deliver the presents. They set off.

Brian gazed at the stars in the sky, the night was so crisp and still. The quiet soothed Brians busy FND Brain. He breathed slowly to bring calmness to his robot mind.





Brian rested while they flew over the sea. He had used lots of spoons. (Jingle had lots of pudding with his spoons).

Sometimes they saw fireworks and aeroplanes in the sky. The noises made Brian wobble and shake.

The elves had been taught make Brian safe and to talk to Brian until his robot body settled and Brian was comfortable.





They flew to Australia and saw Sydney opera house, across Africa they saw elephants, giraffe and many other animals, in Japan they flew over Mount Fuji, in Egypt, the famous Pyramids, and over Europe they passed the Eiffel tower, before heading over the Atlantic to Canada and the United States where they were greeted by the statue of liberty before flying over Mexico, and .....maybe even you!





Brian even handed presents to Father Christmas and the Elves as they sped down the chimneys.

Brian used even more spoons. (Jingle ate a secret stash of chocolate Pudding with his spoons).

They had all worked so hard. Brian was thrilled to be helpful to Father Christmas. He found rushing tricky..... there are so many children to visit on Christmas eve. He imagined the smiles on the children's faces on Christmas morning.



Brians robot body needed to recharge. Travelling back to the North pole, he fell asleep and was dreaming of home in the factory, Dave who took care of him and all his robot friends.

When he awoke, he was in the factory, in his robot bed. He had been magicked home by Father Christmas. He was happy.


Alongside his presents, there was a note from Father Christmas himself, thanking Brian for being such a useful robot.


Father Christmas had learnt all he could about functional neurological disorder and added tips to allow Brian to manage his FND well over the busy Christmas season.





# *Father Christmas's Festive Fnd Guide*


 Have fun but REST when needed.

 Plan your time carefully and use your spoons wisely.  
(Jingles spoons too are allowed at Christmas. Yum!)

 Make people aware if you find noise tricky.  
Unexpected noise, music, chatter, crackers  
and party poppers can be difficult.

 Make people aware if lights are tricky.  
Flashing coloured lights can sometimes  
be hard to cope with.

 If you are out, make sure your friends know  
how to make sure you are safe.

 Keep an even temperature, being too  
cold or warm can sometimes be tricky.

 Have a PLAN in place just in case.

 HAVE FUN!

*Ho! Ho! Ho!  
Merry Christmas*



**Registered charity: 1176608**

FND FrieNDs is a patient and carers support group for those living with the diagnosis of FND in the South West of England.

The groups meet regularly in a pre-arranged venue to meet others with the same diagnosis. This helps to reduce feelings of loneliness, misunderstanding and isolation that are often associated with this particular diagnosis. We can in some instances make home visits to those who are housebound. The idea of this is to encourage the individual when they feel confident enough with us, to leave their home and meet/ come with us to a local venue where they can meet others in a similar situation, in a comfortable, fun and positive environment. Please note though, we are not medical professionals and do not offer medical advice.

# [www.fndfriends.com](http://www.fndfriends.com)

**Acknowledgements:**

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