# Former Footballer Chris Kamara Prepares for Third Mexico Trip for Apraxia Treatment



Former footballer Chris Kamara, age 66, is preparing for his third trip to Mexico for experimental treatment for his speech disorder, Apraxia. Kamara, who formerly played for Portsmouth and Swindon Town, was diagnosed in 2021 with Apraxia, a motor speech disorder resulting from brain damage. This condition affects his ability to speak clearly, leading him to temporarily step away from his television commitments.

Kamara has expressed gratitude to his friend, broadcaster Kate Garraway, for her support and inspiration. Garraway's late husband Derek Draper, who succumbed to COVID-19 in January, also sought medical treatment in Mexico, which encouraged Kamara to do the same.

Kamara has already undertaken two trips to Mexico for treatment, noting significant improvements each time. He remains hopeful that the upcoming trip will further enhance his condition, aiming to regain approximately 20% of his former speech ability.

As part of his ongoing efforts to raise awareness about isolation and mental health, Kamara has partnered with Mercedes-Benz Vans to launch Vantasy Football, a five-a-side football tournament for van drivers. The event aims to foster camaraderie and improve mental wellbeing, taking place in August at St George’s Park, England’s football training ground.

Kamara has openly discussed his battles with Apraxia and its impact on his mental health, revealing periods of deep despair and feelings of being a burden to his family. His openness aims to shed light on the challenges faced by individuals with neurological disorders.

For support with mental health issues, resources such as the Samaritans are available.