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#### Friday 2nd October 2015

Ruth here at 09:00 on a Friday. Caught end of occupational therapist tests for standing, walking, turning, etc. Went over to Hartshill for eye tests in ambulance just after nine. Felt I did everything satisfactorily. Tests finished about 10:45, I then had an appointment with Ruth regarding my planning, back at main 'Heathfield' centre. There was a cock-up with the ambulances, so ended up not getting back until 15:00. A long wait for me, but must have been incredibly tedious for Ruth.

When we did eventually arrive, Les Phillips was in Heathfield reception, so it was lovely to catch up with him. Ruth was very patient and pleasant throughout and really lovely - digging a deep hole in my heart.

Later on Olivia came, as well as Charlie. They were both on good form so it felt like a lovely family experience. I should count my lucky stars.

onto Saturday 3rd October
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my exercises and my lego and enjoy of Saturday for a change. Had full wat shows form
Phoned Sine Q 10: am a had a loveley colchy-
Saturday for a champe. Had full wat shows form warming of staff which was great.  Though Sine Q 10: am a had a loveley calchy- Olivia a feb arrived on 14: of then with a val  Q 15:00, had a lovely chot a Catch up.  Pone half the Star Wars legs but how got  Stack Joing the assembly of Finished it!  Nurse assistant: Karen Cropper.
Nurse assistant : Karen Cropper.  It was land to so Much I Val about 3pm.
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Rath came & 18:30 a we had a really lovely evening. She brought some ersentials like mathinast of bely wash which were way into each ather - an area in which I see I have improved this last week.
Hes sol Rille left after 58 odd mins - now- gargeous face 4 body - I'm mad about her!

#### Saturday 3rd October 2015

Was raised at 08:00 for toilet, bathing, cleaning, etc. which was excellent. Feel like I'm gonna do my exercises and my Lego and enjoy Saturday for a change. Had full wet shave from member of staff which was great. Phoned Sue at 10:00 and had a lovely catch up.

Done half the Star Wars Lego, but have got stuck doing the assembly \*Finished it.

It was lovely to see Mick and Val about 15:00, they were very kind and interested. Ruth came at 18:30 and we had a really lovely evening. She bought some essentials like mouthwash and bodywash which were very welcome. But mainly it just felt lovely chatting to each other - an area in which I feel I have improved this last week. Ruth left after ninety odd minutes - wow - gorgeous face and body - I'm mad about her!

Montay 4th October
Mon day 40th October
Was very welreamen, I feel clean of 15/100hod right now (a8 am). I've washed everywhere of
was very welreamen, I feel clean of 18 tracked
right now (a 8 am). I've washed everywhere a
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were greeting of I did all sorts to worm when
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Doragroph 1010 am
Made The gaboil Lego in the day room. It looke an
how I my trypes one exhausted.
Cit Faller Wood about 12 alm 4 reall fancied a le donn
Had second lymch of califlower cheese but mosse
coughing Lit after (we think) having too much
Stark gepper.
Slept really well with no parkillars a felle Engaphered getting myself of eight - no complaints
Mough.

#### **Sunday 4th October 2015**

Up at 07:00 for a sit down shower which was very welcome. I feel clean and refreshed right now (at 08:00). I've washed everywhere and shampoo'd twice and scrubbed clean - ace. Had a porridge breakfast in day room - still no conversation to be had. I had a toilet session in the bathroom and felt much healthier. Update: after shower I was measured as low body temp and given a blanket. In truth, my fingers and toes were freezing and I did all sorts to warm them up. By meal time and a toilet break they were much better. I have taken direction in how to put foot plates on wheelchair - yes! Time of this paragraph 10:15.

Made the rabbit Lego in the day room, it took an hour and my fingers are exhausted.

I got rather tired about 12:00 and really fancied a lie down. Had second lunch of cauliflower cheese, but had a coughing fit after (we think) having too much black pepper.

I slept really well with no painkillers and felt knackered getting myself up at eight - no complaints though.

#### **Monday 5th October 2015**

Dragged myself out of bed at eight and had a lovely big helping of porridge. Therapists had two physical assistants take me through a wide range of leg and arm movements which was very satisfying. I pushed quite hard and it was very tiring in the body.

Long morning in my chair - I tried and failed to get the Nationwide App on my iPad working. I am planned to do a walk this afternoon with physical therapists, but apart from that it could be a bit slow.

I had a chicken lunch, then seconds of a vegetable tikka - which seemed so much stronger than everything else I have had, but was very nice nevertheless, and no problems with coughing or anything.

I spent the afternoon lying in bed. Later on I did those walking sessions which went very well just outside my room, staff were positive and so was I. Blood pressure was measured as 94, which is a bit low apparently - but nothing to worry about. I saw Ruth at 18:15 and we had a lovely time, she's so special. I am lucky to have her.

Slept through to 08:00, very well, just a cough - managed 05:00 wee break to mix in.

besday 6th October
Up at 8 in good order a o tolet broat. All is well a I feel great that greature
Up at 8 in good order a tolet broat.  All is well at feel great 'Phad preserve  was memored at tack of loss - thought thus  was straight ofter my porridge broatfasts don't  know if that makes a change. Might be a  guiette day today so ned to get  some reading a video ready on the i Pad.
some reading a video ready on the ited.
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horio girl who was good had left for another job a the exportant laty is at long term sick with her child. I should be the star assistant - always a good help.
definitely the star assistant - always a good help!

#### **Tuesday 6th October 2015**

Up at 08:00 in good order and a toilet break. All is well and I feel great. Blood pressure was measured at 108 - though this is straight after my porridge breakfast, don't know if that makes a change! Might be a quiet day today as I need to get some recording and video ready on the iPad.

Did my physio exercise during the day around 14:00, it was limited to just abs mainly, but I became knackered. I slept on the bed for two hours. Tea was a fish concoction that was puree rather than premash - I asked for the latter but - no chance!

It's now 18:10 and I'm just waiting for Ruth and mum to arrive which is very exciting. I feel that I'm becoming more self-sufficient, and when I get a bit more strength / co-ordination / brain ability, I'll be a more useful person.

Changes in staff are a little weary. I think the physio girl who was good had left for another job, and the occupational lady is off long term sick with her child. The shoulder bloke is weirding me a bit. Karen is definitely the star assistant - always a good help.

Wednesday 7th October
Nice self-get up dowt 8am. Od montality 1,
eating tests - mentalty good, though recognised the
Did some painting but then git year lack
did walk, lunges, type, etc Went roosegable will
eating tests - mentality good, though recognised the fisk of not having this chemist juice after coughing like with "speceed, language & swillowing team of pain have and my payment for the form of the walk, lunges, two b, etc. Went reasonable will though the legs do fix very quickly. Has lower fitted to wheel chair to try to reduce instances of pack pain.

## Wednesday 7th October 2015

Nice self-get up at about 08:00. Did mentality and eating tests - mentally good, though recognised the risk of not having thickened juice after a coughing fit. With speech language and swallowing team. Did some painting but then got a long back pain. Moved onto my physical health team and did walks, lunges, twists, etc. It went reasonably well, though the legs do tire very quickly. I had a towel fitted to my wheelchair to try to reduce instances of back pain.

Thursday SH October
Thursday 8th October Full busy day with lots of photical exertion-
Rith good but 18:28 a it was levely. Oid Face like with olivia for an hour hater where she showed me her new diesoing toble / chest of
Face like with Olivia for an hour fator where she
showed me her new dressing toble/chest of

# **Thursday 8th October 2015**

Full, busy day with lots of physical exertion - very good.

Ruth came about 18:30 and it was lovely. I did FaceTime with Olivia for an hour later, she showed me her new dressing table / chest of drawers.

Star 9h oth
Tiday The October
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Tidied room up a am rather tired. Think this oftenoon It do a bit of a togen exercises of them shout eye til Olivia romes
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proper intimate conversation without her have any the
visitor distractions the was son on I am and
Olvia arrived about 5:30 1 if was lavely just howing proper intermate conversation without her having any other visitor distractions. The was very open (engaging - it was a delight.
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#### Friday 9th October 2015

Up at 07:30 by Russian lady for very severe clean and preparation for next task. Did porridge breakfast for myself in the kitchen, which felt good to be doing a real task. I tidied room up and I am rather tired, I think this afternoon I'll do a bit of leg exercises then shut eye until Olivia comes about 18:00.

I had a lovely afternoon with Ruth where she was a bit fed up with work, but planning a nice, simple evening. Olivia arrived about 17:30 and it was lovely, just having proper, intimate conversation without her having any other distractions. She was very open and engaging, it was a delight.

Saturday 10th October
God steep better printe (les thick them nine). Hold a Birthday call from Six / Keith which was lovely, then a Birthday call with Laura which was factured of Lamozon river). I then Comada - probably thappening in April 2016. Theis very contident that she can get work again when she comes back - and so she shald be.
I han Comada - probaby happening in April Ed 6. De's very contident that she can get work again when she comes back - and so she shald be.
Old pitty execises in morning of gove myself a god clean up.

## **Saturday 10th October 2015**

Good sleep, better porridge (less thick than mine). Had a birthday call from Sue / Keith (sister / brother-in law) which was lovely, then a birthday call with Laura (niece) which was fabulous. I learned about her plans for Thailand, Brazil (Amazon river) and then Canada - probably happening in April 2016. She's very confident that she can get work again when she comes back - and so she should be. Did putty exercises in morning and gave myself a good clean up.