

Friday 2nd October (2015)

Ruth here @ 9am 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 were finished about 10:45, then had an appointment with Ruth regarding my planning back @ main 'Heathfield' centre. There was a cock up with the ambulances, so ended up not getting back until 3pm. 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.

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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.

London Saturday 3rd October

Was raised @ 8am 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 @ 10:am & had a lovely catch-up. Olivia & Feb arrived @ 14:00, then Mick & Val @ 15:00, had a lovely chat & catch up.

Done half the Star Wars Lego but have got stuck doing the assembly * Finished it!

Nurse assistant: Karen Cropper.

It was lovely to see Mick & Val about 3pm. They were very kind & interested.

Ruth came @ 18:30 & we had a really lovely evening. She brought some essentials like mouthwash & 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.

~~was~~ Ruth left after 90 odd mins - wow - gorgeous face & body - I'm mad about her!

Saturday 3rd October 2015

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Sunday
~~Monday~~ 4th October

Up @ 7am for a sit in shower which was very welcome. I feel clean & refreshed right now (at 8am). I've washed everywhere & shampoo'd twice & scrubbed clean - ace. Had a porridge breakfast in day room - still no conversation to be had. Had a toilet session in bathroom & felt much healthier. Update: after shower I was measured as low body temp & given a blanket. In truth - my fingers & toes were freezing & I did all sorts to warm them up. By ~~meal~~^{meal} time & a toilet break they were much better. Have taken direction in how to put foot plates on wheel chair - yes! Time of this paragraph: 10:15 am.

Made the rabbit Lego in the day room. It took an hour & my fingers are exhausted.

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

Slept really well with no painkillers & felt knackered getting myself up at eight - no complaints though.

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.

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Monday 5th October

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 on the body.

Long morning in chair - 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.

Spent afternoon lying in bed. Later on I did three 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, so special. I am so lucky to have her.

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

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Wednesday 6th October

Up at 8 in good order & a toilet break. All is well & I feel great. Blood pressure was measured at back of 108 - though this was 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 & video ready on the iPad.

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

It's now 6:10 pm & I'm just waiting for Ruth & Mum to arrive which is very exciting. Feel that I'm becoming far more self-sufficient & when I get a bit more strength / co-ordination / brain agility I'll be more useful a person.

Changes in staff are a little weary. I think the physio girl who was good had left for another job & 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.

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Wednesday 7th October

Nice self-get up about 8am. Did mentality & eating tests - mentality good, though recognised the risk of not having thickened juice after coughing fit with "speech, language & swallowing team". Did some painting but then got a long back pain. Moved on to my physical health team & did walks, lunges, twists, etc. Went reasonably well though the legs do tire very quickly. Had towel fitted to wheelchair to try to reduce instances of back pain.

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Thursday 8th October
Full busy day with lots of physical exertion -
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Ruth came about 18:20 & it was lovely. Did
FaceTime with Olivia for an hour later where she
showed me her new dressing table / chest of
drawers.

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Friday 9th October

Up at 7:30 by Russian lady for very severe clean & preparation for next task. Did a porridge breakfast for myself in the kitchen which felt good to be doing a real task. Tidied room up & am rather tired. Think this afternoon I'll do a bit of leg exercises & then shut eye til Olvia comes about six.

Had a lovely afternoon with Ruth where she was a bit fed up with work, but planning a nice, simple evening. Olvia arrived about 5:30 & it was lovely just having proper intimate conversation without her having any other visitor distractions. She was very open & engaging - it was a delight.

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Saturday 10th October

Good sleep, better porridge (less thick than mine). Had a Birthday call from Sue / Keith which was lovely, then a Birthday call with Laura 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 I gave myself a good clean up.

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