



What other people appreciate about me

Her unconditional love, her cuddles, she is always there for me, she goes the extra mile every day, I just love her – everything about her, her kindness

What is important to me

- Sally, my daughter who comes to see me at my house after work each day, our coffee and chats together, hearing how the children are doing at school.
- Ian, my son who comes for his tea Saturday and Sunday with my grandchildren whom I adore; Mark and Kim.
- Staying healthy and out of hospital.
- Sally and her husband Stephen taking me out to the seaside on a Sunday morning with Jess
- and Jon my beautiful grandchildren. Having our Sunday lunch out – the Blue Anchor is a favourite.
- Speaking on Skype with Sam every Saturday. That you share with me the great things that are happening in your life – I want to hear it, it cheers me.
- My sister Ann popping in each day and having a walk into the village together – we sometimes go in Betty's cafe for coffee which is lovely.
- Meeting up with Jane and Jim at the luncheon club Wednesdays.
- Barbara, Stan and Ron coming round for an evening in and a game of cards – gin rummy is a favourite.
- That I always take my yellow bed socks Sam bought me if I have to go in hospital for a stay –
- they are my comfort blanket.
- I love grapes with the skin peeled off.

How best to support me

- Ask me how I am if I say I am ok, respect I do not want an in depth conversation, I will talk about my health when I need or want to, please do not push me on it.
- Know that when I have examinations or treatment it is so irritating if you don't tell me what you are going to do with me before you try and do it.
- Don't tell me it will all come out in the wash, we know it won't. I want no elephants in the room, lets just make the most of the time we have, and be as 'normal' as we can.
- Give me clear and simple information. Do not talk over me as though I am not there; I am an intelligent woman. Give any detail to Sally she will remember better than me. It works best for me if any correspondence about my condition comes to me through Sally.
- Know that I am aware of the need to eat and will do so when I can, do not make mealtimes a nightmare by watching my every mouthful or commenting if I don't eat much.
- Do not make a fuss and cheer me on if I clear my plate. I want this focus on what I eat to stop – the medics will monitor this not family and friends.
- Know that I cannot work Skype to speak with Sam on my own. I need Sally or Ian to set it up for me.
- Know that I detest the hospital appointments and will be very quiet on the days they are due, leave me be I will talk if I want to.
- Know that I use a wheelchair to get around if I am not up to walking but it embarrasses me terribly.
- Work out between you who is coming with me to each appointment, then just let me know who is calling for me
- Know that I detest being late and get anxious, the earlier the better for me. I must never be late!