**Oral History Transcription – Sonia – Heatherley**

**Rewind – Leonard Cheshire Disability, supported by the Heritage Lottery Fund**

**Filmed – 2016**

**Start of transcription**

[Text on screen: What is your background?]

00:00:10 [Sonia]: I was born in...in Jamaica. I came to England when I was five. So my upbringing has been in England. My schooling has been here as well. So really, I don't have very much memories of life back in Jamaica. Oh, school was... I've got no complaints. You know, I had a good time, primary and secondary. The funniest thing at... In secondary school, when I was in the sixth form, myself and my friends put on this Jackson 5 act. We got all dressed up in the big hats... And... And, oh, our school really loved it.

00:01:31 - I lived in Shepherd's Bush. I was there... for a long time, until I got married to my husband, who comes from Trinidad. And then we went to Trinidad. This was at the time where I had just got MS, and the heat and everything... I decided to come back to England. You know, and because I've got three children, then of course I started thinking about them. You know? But they were all quite good with it, 'cause they were very supportive. And so was my husband. So... You know, at the time, I just said, "Well, this is life as it is now. "So... you know, adopt a positive attitude and get on with it."

[Text on screen: Why did you come to Heatherley?]

00:02:56 - A social worker, my... What's her name? Debbie Burns, who thought Heatherley. And I came here to view the place and everything and to meet Jane Lightfoot, the manager. And... 'cause at that time, I was in Kings Lodge, which is a different care home. So... you know, I came here and then it was decision time. Do I leave there and come here? But I just had the feeling about this place. You know, it was that it was nice, it was friendly. So, on that, I based my decision.

00:04:00 - I live in one of the bungalows. And that is very nice because the other residents are very sociable. There is my neighbour, Nick, who loves having a barbecue. It's really fun.

[Text on screen: Do you have any hobbies?]

00:04:30 - The thing I... I've discovered I like doing is art. 'Cause we have an art class every... two times a week. On a Wednesday and on a Friday. And it's really interesting. It's relaxing. You know? And we take our time. We don't have to finish, say, "Well, oh I'm just gonna do this." You just take your time.

**End of transcription**