**Oral History Transcription - Mahri - Alder House**

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

**Filmed –** 2017

**Start of transcription**

00:05 [Mahri]: My name's Mahri, I'm 53, I live here at Alder's House Residential Home because my Mum cannot take care of me because she had a stroke.

[Text on screen: Where were you born?]

00:33 - In Puerto Rico. In the army hospital. I didn't grow up there, I grew up in Brooklyn, New York. My Daddy's American, my Mummy is English and I think my Mummy's parents are Polish.

[Text on screen: What activities do you enjoy?]

01:04 - I go swimming every Thursday night at Loughton Baths and, on Wednesday I do make and mendin the afternoon. And on Mondays I play bingo after breakfast in the big lounge. I do like doing yoga and scrabble. I go to Epping College every Thursday, what I've been learning, oh, I do cookery and I used to do woodwork. I found that quite difficult. I used to make a pencil holder and that.

[Text on screen: What are your memories of coming to Alder House?]

02:05 - Well I was a bit nervous and that. It took me time to settle in and that. It took me quite a while to make friends and that, with Karen Wheeler and Gary Richard Chambers and the others that used to be here. Yeah, I enjoy living here, yeah.

**End of transcription**