**Oral History Transcription - Sarah - Alder House**

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

**Filmed –** 2017

**Start of transcription**

[Text on screen: What is your background?]

00:11 [Sarah]: I was with my Mum in Chigwell until I was 25 then I came here. I was working for a little while. Barking, Havering and Breakwood Health Authority. I did assistant, clerical, before that I was at Woodford doing a community programme, so I've done quite a bit.

[Text on screen: What are your interests?]

00:35 - Mainly equestrian stuff, I didn't really do a lot else. I started riding as a therapy, fell in love with the horses and unfortunately it hasn't left me [laughs]. Just love it.

[Text on screen: When did you first come to Alder House?]

00:52 - 1989. I'm the longest resident here now. I met one of the residents from here on a Red Cross Holiday, just by chance and he said that there was a vacancy here, and I was looking to leave home and so... being that they were so close, you know with my Mum at Epping and this here, it just fell into place really. It worked very well.

01:17 - And everybody was really friendly, you know. I think some of it was the fact that it was my first real sort of place away from home and my own patch, and I could do what I wanted, when I wanted. So I was reasonably independent, you know, I mean that's as near independence as I was going to get, so I took it.

[Text on screen: What are your happy memories of being at Alder House?]

01:44 - We went on a barge holiday, a long narrow boat holiday, for three days. I was talking to the night staff, that came with us last night, we reckon it must be about 25 years ago now. That was great fun, three nights on a narrow boat with wheelchairs ... 'right, who's going overboard today?' you know. It was quite a lot of fun doing that.

02:08 - Spending time with Debbie really. We did get on really, really well. We did a lot with each other and for each other, yeah. There's a few outings that we went on together which were fun.

[Text on screen: How has assistive technology changed your life at Alder House?]

02:27 - Well, when I was first here, I had a normal divan bed which I was transferring myself on and off, and then the powers that be, I suppose rightly, in a way, oh no we need to have profile beds that went up and down. But the lowest prong of it didn't go down as low as I needed it to, so that impeded my independence completely and I've had to now be hoisted from then on, and it's a shame.

[Text on screen: How do you feel about your time at Alder House?]

03:01 - Well considering it's as long as it is, it's gone really quick. It's just like a blink of an eye, it has gone so quickly. You know, it's unbelievable. I think it was the right move for me though, you know, I mean, especially being close to the family. It's not like I was a long way off, so they do come in [Interviewer: Your family?] Yeah. And they know I'm alright, so that's a good thing.

**End of transcription**