

00:00:10:20 - 00:00:33:18

Unknown

Movement for health is delighted to be in Crieff today at the Richmond House Care home. I'll be talking with residents, staff and family members about meaningful movement. What movement means to them? What movement looked like perhaps when residents were younger. And how they move now around the care home and this beautiful garden that they have on offer?

00:00:36:20 - 00:01:00:09

Unknown

CC, thank you for talking to me on this beautiful sunny day. I know, can you just tell us a little bit about yourself? Just introduce yourself and your role at Richmond House? Well, my name is Susie Kelly. I'm the wellbeing coordinator at Richmond House. I've been with Richmond House for 20 years, nearly in September, and I've done the activity room for about 13 years now.

00:01:00:11 - 00:01:29:24

Unknown

And what does the activity role look like? It looks like a number of things. We do so much. It's a cracking job. It's the is great. And you get something different every day, which is lovely. And we do all sorts. We do Bengal cooking, meeting loads of exercise. We do competitions. We've entered the flower show last year, so we're working on doing that again this year.

00:01:30:00 - 00:01:50:10

Unknown

We've got the dahlias. Well, yes, I've already seen the dahlias. I'm already over doorway. Yeah. The residents love to be creative with things. And, you know, they do enjoy the garden and it's quite resident led. Yeah, there's a lot of resident led. We always ask, what do you want to plant this year? And it's always tough to make a policy.

00:01:50:12 - 00:01:54:23

Unknown

Yeah. So we and we have some track and family members here.

00:01:54:23 - 00:02:18:24

Unknown

we're looking to talk to people about with movement for health is what movement looks like for people at different ages and stages, at different abilities. And what I thought would be really interesting to talk about would be something about residents that perhaps were very active, who are now not as active or not able to be as active in the same ways, but are still able to and enjoy things.

00:02:18:24 - 00:02:41:02

Unknown

So I wondered if you could give us, you've said exercise quite a bit in terms of that meaningful movement for the residents. What do you see or what have you experienced in meaningful movement is obviously

person or different for everybody. So at the beginning of the year, we usually say ourselves some goals and your goals and aspirations. Everybody's still got dreams and things they want to do.

00:02:41:04 – 00:03:00:15

Unknown

So some have set themselves, do I want to lift 100 plus as well? To do that you maybe play fit. You know. So they set themselves small challenges so that can be building up to walk in from the lounge to the beginning of the garden. And then we use the posts that go around, you know, the strength and the strength and balance pose.

00:03:00:19 – 00:03:04:07

Unknown

So then they can build on their own goal to get a sense of achievement.

00:03:04:07 – 00:03:16:24

Unknown

speaking to families and getting the insight into what makes each person tick. They are kind of music. They are kind of cool what they would like to do, you know, and then it's something that they achieve in themselves.

00:03:16:24 – 00:03:23:13

Unknown

They get a great sense of self-worth. And that's what we're here for. We're here to make every person feel as good as they can.

00:03:23:13 – 00:03:50:13

Unknown

I was, working with a care home a few years ago, not far from here. And we did a lot of proxy walks where the coordination of some of the, care staff team would chat to the residents that were living with dementia, specifically, about what they remembered about walking or walking locally, and they tried to identify a familiar space or walk for that resident.

00:03:50:13 – 00:04:09:14

Unknown

And then the carer would go on the walk, take pictures along the way, and then make a little like photo album. Yeah, sit and go through the walk with them. And they had really crystal clear conversations. Lovely. And it evokes that memory of that space for people, which I thought was really, really powerful. Yeah.

00:04:09:14 – 00:04:11:05

Unknown

Wondered if you try talking like that.

00:04:11:06 – 00:04:13:02

Unknown

Here we are working with

00:04:13:02 – 00:04:34:16

Unknown

Down the Gallery, Care Home, Oak Bank and The Birches and Crieff. The four of us are doing a walk and challenge for walk in month. So we chatted with the residents and they're like, oh, I used to climb used to. And we thought, well, we'll pick one of the newer ones. So we're doing bend for Left Arm, and we've got the big picture of bend for like a week where we take her that move we've set ourself very

00:04:34:16 – 00:04:36:04

Unknown

realistic goals.

00:04:36:05 – 00:04:53:02

Unknown

Yep. Of like a thousand steps between staff and residents a day. And what it is, is just building on, you know, making it mindful for everybody. Oh, we've got to get to the top and back down. We move up. We we dogs. There's a nature book of what you might see because a lot of people are into nature and trees.

00:04:53:02 – 00:05:16:00

Unknown

And you know, what can you expect to see. Yeah. So it's been great. There's a lot of chat around walking and we're going to go down to everyone see what their favourite walkers. And there's a few that just loved Crieff. So that's why we thought we'll do it for a degree. So as you walk you'll see different landmarks in Crieff and then you get a whole new chat, a whole new activity as well as doing your exercise at the same time

00:05:16:00 – 00:05:22:04

Unknown

try and stay connected. Yes. Even if you can't 100% go up them, your mind can still go up.

00:05:22:06 – 00:05:38:23

Unknown

When we go on bus trips, we see different places. And, you know, we're always chat. And then the next one, we're going to Gleneagles to see the falconry. So I mean, wow, that's a whole new experience on the outdoors. We want to get some new things as well as things we've done. And you know, it's all about doing our best.

00:05:38:23 – 00:06:03:11

Unknown

But everybody how important is it to have this space? You have such a lovely. This is a vegetable. It's lovely. An enclosed. Yeah. The birdsong is so special and you can't hear any. I don't hear any road noise or anything like that. How to the residents use the space. Well, I was here before this garden was here. We used to only be able to sit out the front, and, I mean, just sit.

00:06:03:11 – 00:06:22:07

Unknown

There wasn't any place to go. And then nest came in and it just opened up a whole new world. The doors are open, they can come in, and I. They can have a party to quiet, because. No, everyone's used to communal living. They don't want noise all the time. They want to take them away and have a relaxed and time.

00:06:22:07 – 00:06:23:06

Unknown

And they can,

00:06:23:06 – 00:06:39:17

Unknown

Do you have a favourite spot? My favourite spots. Probably the apple trees. I love the apple trees. Yeah, because the they give me activity from about August till October. You know, they're my bread and butter up there. What do you do? The apples. We do cookery club. It's a really stew them.

00:06:39:17 – 00:06:52:04

Unknown

We roast them. We you know we do em. Yeah. Everything. Everything you can. I have famous apple chutney, you know, is probably the best thing. And it's always a hat at, like, fans and things.

00:06:52:04 – 00:07:09:10

Unknown

It's not all about the residents, Susie. So can I ask about the carers and yourself and what you guys enjoy doing inside the space and the weather? We enjoy just a variety of things. What's your meaningful movement?

00:07:09:12 – 00:07:31:23

Unknown

My, I really like getting to know the residents. I like to to know what new things we can do. You know, if they've come in West, say an interest. I'm like, oh really? And then you can tap into it. And to get to know somebody is you're actually really honoured. Yeah. You know, I've done like histories with people and found out things that even their families didn't know.

00:07:32:00 – 00:07:38:22

Unknown

You know, and it's incredible. It's just I love getting to know different people. I think that's my favourite part.

00:07:38:22 – 00:07:42:09

Unknown

you don't do care for the money. You do care because you care.

00:07:42:15 – 00:08:01:14

Unknown

You know, they're a great group to work with because you are a community. And you can't do this job on your own. This is not a job

you can do on your own. I rely on the care staff incredibly, and the management and, you know, and the they let me run with quite a lot of staff and I really do appreciate it.

00:08:01:14 – 00:08:18:13

Unknown

And you get great support. And that's why people stay in a job because it's a great place to work. No, I hope you're 20 years is marked with some kind of celebration and will all be well. At least the balloon Arch Balloon arts will make it happen. Thank you so much. Know what you me to do is

00:08:28:17 – 00:08:33:24

Unknown

Jenny, thank you so much for joining me today. Would you mind just introducing yourself?

00:08:33:24 – 00:08:57:10

Unknown

Yes. My name is Jenny. Did and I'm 74, I think. Well, we may be 75, but I think I'm 78, so. I've been living here for two years, in this very peaceful setting. I mean, and the house itself is very peaceful because the residents are very peaceful.

00:08:57:10 – 00:09:04:05

Unknown

Peaceful. And the garden itself is lovely because it gives so much tranquillity for us.

00:09:06:02 – 00:09:19:01

Unknown

I like to come out here on my own quite often because it is nice and peaceful. I prefer not to come in in groups. Okay. But that's just my choice. I'm often like that.

00:09:19:01 – 00:09:26:07

Unknown

I started being active when I was very young, when I was probably about three.

00:09:26:08 – 00:09:46:06

Unknown

Yeah, playing cricket in the garden with my father. Oh, lovely. He didn't have any some. So he chose my sister. And I didn't have much choice. No. So we had to be active with him. So I started playing cricket and as I say, in the garden. And then I started riding a bike and I just went on from there.

00:09:46:07 – 00:10:08:10

Unknown

Do you remember learning to ride a bike? Yes. My mother taught me. Mum. She just held the back of the saddle. We didn't have those. The stabiliser, of course, I don't say. When I was young because I was young, 70 odd years ago. So she just held the back of the saddle,

pushed me off. Okay. You know, that's how she was.

00:10:08:11 – 00:10:11:23

Unknown

I think that's how they recommend they do it. Yeah, well,

00:10:11:23 – 00:10:15:07

Unknown

I had access to everything I needed, so that was great.

00:10:15:12 – 00:10:35:21

Unknown

And that followed you into your career, into college, where I went to college, to train to be a PE teacher. And that that was good as well. I mean, everything was good because I was doing what I love. Okay. Does it feel like work then? I don't think so. I didn't

00:10:35:21 – 00:10:47:21

Unknown

and I got out of teaching, mainly because of my uncle, and that was when I was 50. Can you tell us a bit about your uncle? Well, not really, I just fell. I fell off the couch when I was getting up.

00:10:47:21 – 00:11:17:00

Unknown

My, My foot, just lost all its feeling, right? You know, occasionally things like that. Yeah. I just went down a bit. Gosh. It was very well, I, I didn't really have any pain because it it went under, I think things were now. So anyway I went into the hospital the very long savage getting it sorted right.

00:11:17:02 – 00:11:22:15

Unknown

And then I couldn't teach anymore. And what did I do then.

00:11:22:20 – 00:11:40:13

Unknown

I thought I don't know, I think I looked after my mother then getting help to help. And then it said she, I came up here to Scotland, where my best friend lived and helped her look after her mother. So she went into a care home

00:11:40:13 – 00:12:01:07

Unknown

described that being very active, and that's been a really important part of your life. Yes. And to now being someone whose immediate world is slightly smaller because of your ankle injury, how do you look back fondly on these things?

00:12:01:07 – 00:12:02:05

Unknown

Are you just looking

00:12:02:05 – 00:12:25:13

Unknown

Well, I have to look forward, I think I'm not very happy looking forward because I could be here for 20 years. And the thought of that qualifies me not because of the place. No. But just because it's the situation. Okay. But I don't know what I can do about that okay. Really.

00:12:25:15 – 00:12:42:12

Unknown

So what do you enjoy most here. We've got the garden. It's just we've got that tranquillity. So what does your movement look like these days? Well, it doesn't look great. And I probably don't do as much moving as I should.

00:12:42:12 – 00:12:52:10

Unknown

because I like to sit in the sun. I don't like to sit in the shade. And, I might just sit here and listen to the birds and try and pick them out. Yeah, yeah.

00:12:55:01 – 00:13:14:08

Unknown

So the future is if he, you know it's really up to me to participate and do as much as I can I think, I think so and the staff will help him. Oh the things he want to do. Yeah. Exactly. How do they help support you to get out and enjoy the space?

00:13:14:10 – 00:13:30:03

Unknown

Well, mainly if there are things happening, they try and. Get me to come out because I'm not always very keen. I'm lazy. If they'll take me out of my chair, I'm grateful.

00:13:30:03 – 00:13:47:03

Unknown

Jenny, I'm asking everyone the same question that I'm talking to for this, this series. I wonder if you could tell us, either past or present, what your most meaningful movement would be. And, just give us a little explanation about that.

00:13:47:03 – 00:14:09:16

Unknown

When I was in my 50s and I was teaching, I had very co-operative children doing gymnastics events, so I like that I got a lot out of them and they enjoyed doing things for me, which was lovely. And that that was really great. That sounds that's something you're very proud of. Okay.

00:14:09:16 – 00:14:35:19

Unknown

Pride that I used to. You believe it or not, looking at me, you would never believe it. I used to produce different events with them. Gymnastics activities for them to do. I mean, we used to do activities like criss crossing over big box, you know, to sweep or,

very fast. Oh, so they're coming in, like, almost on top of each other.

00:14:35:22 – 00:14:57:18

Unknown

Wow. And they they used to love it. Yeah, I just loved it. And I loved doing it. I felt quite nervous sometimes, but I never had an accident. Thank goodness. That's right. I hope this isn't going to be listened to by any of these children that I've talked. We'll see what they can comment online if they want. Yeah, well thank you.

00:14:57:18 – 00:15:02:07

Unknown

That's a really lovely thing to share with us. Thank you for talking with me this morning very much.

00:15:02:07 – 00:15:07:24

Unknown

You.

00:15:08:01 – 00:15:11:01

Unknown

You.

00:15:11:01 – 00:15:20:17

Unknown

Mary, thank you for talking to me today. You're very welcome. Can you introduce yourself and give us a little bit of your background?

00:15:20:17 – 00:15:43:18

Unknown

Maybe. I was born in a small town in Wales called Emeryville. Emma Vale prevail feel ever. Vale is the valley of the river. And. Okay. Beautiful. That's right. I was born. I was an only child, but when the war came, we had children from London.

00:15:43:20 – 00:16:07:22

Unknown

The South coast evacuated. So for five years I had two brothers. Okay. Yes. From London. Lovely. It was lovely and I kept in touch with them till they died. Both died a couple of years ago because they were older than I. But yeah. So then we moved from Wales to Somerset. And I never wanted to move somewhere.

00:16:07:24 – 00:16:09:21

Unknown

No. You didn't like Somerset as much.

00:16:09:21 – 00:16:27:03

Unknown

when I lost all my friends. I didn't know anyone. Yes. Yes. I just finished school, so there was no way of getting to know me, getting to know people I did. Eventually, I, I guess you to a very nice looking boy. The opposite.

00:16:27:05 – 00:16:27:21

Unknown

Excellent.

00:16:30:00 – 00:16:45:03

Unknown

Well, what we're talking about today is around how being able to be in gardens or nature or being able to be in spaces that bring us joy is important, I think.

00:16:45:06 – 00:16:47:10

Unknown

What do you love about your garden here?

00:16:47:10 – 00:16:52:13

Unknown

I think it's sort of I think it's the variety, you know, the trees and all the other,

00:16:52:13 – 00:16:59:16

Unknown

And I've had so many birds since I've just been sat. Yeah. Do you like listening to the birds here? Oh, I love the birds.

00:16:59:16 – 00:17:06:11

Unknown

Yeah. Yeah. I always encourage birds in my garden. Yes. But she doesn't. Yes.

00:17:06:11 – 00:17:07:18

Unknown

Well, you keen gardener.

00:17:07:18 – 00:17:10:14

Unknown

I was, yes, I'd love to. All. Yeah, yeah,

00:17:10:14 – 00:17:12:19

Unknown

What do you do in the space here?

00:17:12:19 – 00:17:20:12

Unknown

What's your idea? Yeah. Why? Reeds are all. Yeah. Lovely. I do my tapestries. Oh, you do tapestry. Do tapestry.

00:17:20:14 – 00:17:28:13

Unknown

Do you like to pattern or pattern? Yes, I make, I'm doing them pushing covers at the bottom. Beautiful.

00:17:28:13 – 00:17:39:01

Unknown

what's either now or before you moved here. What would you say would be a meaningful movement for you?

00:17:39:01 – 00:18:00:21

Unknown

You're moving through swimming or swimming? Swimming. Yeah. Did you wild swim a lot in rivers, I mean rivers. Yeah, I did that for seaside for long. Oh, lovely. Lovely. We don't. We learned to swim when I was in school. Oh, really? Oh, right. Because we had a teacher. We had a nice swimming pool in the town. Yeah.

00:18:00:21 – 00:18:20:13

Unknown

and I, we learned to swim with a man and it had a long pole. Yes. And it had a bell from the end, you know, like a like a belt for your trousers. No, a floating thing that. Oh, yes. Yes. He just would not where he, he will put on the edge of the food and you will read this thing.

00:18:20:15 – 00:18:26:03

Unknown

And then you didn't realise that you taking it off and you were swimming. Well

00:18:26:03 – 00:18:30:13

Unknown

that's excellent. How old are you, do you think nine. You were nine when you learnt to swim?

00:18:30:13 – 00:18:39:08

Unknown

if somebody said to me from today I can't, I'm going to wait till I go back to where you'll see them next to the sea or back to Wales.

00:18:39:08 – 00:18:46:14

Unknown

Back to the sea. Thank you. Thank you, Mary, for sharing with us today. On this day and when we come.

00:18:46:22 – 00:18:51:05

Unknown

You.

00:18:51:05 – 00:18:57:18

Unknown

Thank you. Margaret, Mary, for joining me today to have a little chat in this beautiful garden at Richmond House.

00:18:57:22 – 00:19:01:00

Unknown

Would you just mind introducing yourselves?

00:19:01:00 – 00:19:13:01

Unknown

This is Mary, my mom, Mary, who's 91, and I'm Margaret. Her eldest daughter. Lovely. And you've come from. I've come from Ireland. And opportunity and opportunity shine.

00:19:13:01 – 00:19:30:08

Unknown

Wonderful. Lovely to meet you both. Mary, wearing a beautiful, bright hat, which I think the birds are singing to today. I'm wondering if you could tell me a little bit about Mary when you were a young girl, and how you like to be active.

00:19:30:08 – 00:19:32:17

Unknown

I think Margaret was saying about walking.

00:19:32:17 – 00:19:51:16

Unknown

She what? Walked a lot. She was brought up in a mining village near Stirling called cubby. Oh, yes. I live in Stirling. No. Cowie. And, she had wanted to be a nurse, but because in those days you were out to work generally. Soon as you finish school.

00:19:51:18 – 00:19:56:09

Unknown

So she couldn't be a nurse, and she became a bus conductor. Why?

00:19:56:09 – 00:19:58:20

Unknown

And where did you like to walk?

00:19:58:20 – 00:20:06:02

Unknown

She just walks everywhere. Everywhere. She loved dancing. Dancing? So music's a big part of your life as well.

00:20:06:02 – 00:20:07:23

Unknown

You still like dancing, Mary?

00:20:07:23 – 00:20:11:17

Unknown

She does. I've got a video for Christmas dancing with me in here.

00:20:11:20 – 00:20:35:06

Unknown

Oh, lovely. And she dances quite a lot with Susie. With Susie. I know that they do a lot of music and things here as well. Yeah. Fantastic. Here. Yeah. Mum was in a home in a different time and is totally just chopping cheese. And you said that mum worked here. Mary worked when my dad died. And, she had to walk up and down the hill.

00:20:35:08 – 00:20:45:03

Unknown

We lived in the very bottom part of Crieff. Right. So she had to walk up and down that hill all the time. So she keeps you very fit. That's a steep hill. Yeah.

00:20:45:03 – 00:20:49:03

Unknown

Would you go further afield for a walk up in the hills or.

00:20:49:19 – 00:20:52:14

Unknown

Mum didn't really do that. She went the park.

00:20:52:14 – 00:20:59:11

Unknown

And what is it about the space here? We've got this beautiful garden. Mary, do you use the garden? Very much.

00:20:59:11 – 00:21:05:05

Unknown

she does love the garden. Every time we come, she don't. Here she goes.

00:21:05:07 – 00:21:17:07

Unknown

We walked around the garden with her. And she likes in particular that meadow that's over there for some reason. And she knocks on it and says people's names. Oh, how lovely.

00:21:17:07 – 00:21:23:07

Unknown

And do you like sitting with mum in the garden here when you visit? Yeah. Yeah, yeah, it's very peaceful space and

00:21:23:07 – 00:21:28:07

Unknown

it's just me and mum. Yeah. You know, there's nobody else

00:21:28:07 – 00:21:29:21

Unknown

So what would you say

00:21:29:21 – 00:21:32:19

Unknown

is meaningful time that you spend together.

00:21:32:19 – 00:21:33:11

Unknown

Now.

00:21:33:11 – 00:21:37:03

Unknown

Just coming down and visiting and spending time with her here.

00:21:37:03 – 00:21:41:07

Unknown

Lovely. Well, thank you for talking to us today, Margaret and Mary.
Okay.

00:21:44:07 – 00:21:55:10

Unknown

Me.