

## My life in Sheltered Housing

I arrived with my husband Bob in January 1986; the snow was bad that year. We were snowed in for two weeks!

Great Mead was a new sheltered housing scheme so we started to settle into our brand new flat, we met Maureen and Iris, our wardens and started our new lives.

We enjoyed walks around Great Mead and watching Shoeburyness grow. Bob was involved with the tenants committee and we both got involved with all the lovely activities and parties; whist, bowls, bingo, snooker, entertainment, art classes, we even celebrated our 50th anniversary here. You name it, we did it!

Unfortunately, Bob passed away in 1991, but with help the help of my new friends, I picked myself up and was still very involved in the scheme. As time went on my arthritis got worse, I went from sticks to crutches and eventually had to have my third hip replacement.

Whilst I was in hospital, our new warden Angela arrived, we first met when I returned home from hospital in a wheelchair.

Angela had taken delivery of all my new equipment and helped me to get settled.





As time went on my mobility got worse but I had no excuses, Angela would bring me down in my wheelchair to all the social events and I even managed to carry on bowling.

Then my condition deteriorated further so that I needed an electric wheelchair. Supported Housing helped me to overcome any obstacles I encountered, so I could remain independent, even arranging for a mutual exchange to a ground floor flat within my scheme. The flat was then adapted for me over time, by social services.

I am now unable to come out of my flat, but this doesn't stop me getting involved. I keep score for the football pontoon that is run in the scheme. With Angela's help, I have had several open house events, so new and old neighbours can pop in for nibbles and drinks.

My care package has increased as I've needed it to, and I don't miss out on a party, I always get a plate of goodies. I've even had a visit from my favourite bird, a barn owl! I'm still going strong and enjoy life!

Therefore, if you think you aren't ready for sheltered housing, then think again, it's never too early to make that move! You get friendship, security and peace of mind.



All the photos within this article are of South Essex homes residents whom live within our supported housing schemes.