

Getting to Know You

Create a profile

Video 4 – What’s important to you: morning routine (example)

Transcript

[Helen Sanderson and Andrew Cozens are sitting on a sofa discussing one-page profiles.]

Helen Sanderson: So will you start off by telling me about your morning routine? I know there may not be such a thing as a typical morning for you but what’s as close as we can get? How do you wake up in the morning and what time do you wake up?

Andrew Cozens: I usually wake up about half past six/twenty to seven, earlier if I’ve got to travel a distance, but a normal day is waking up about then. My wife’s alarm usually goes off at about that time and she has a very irritating habit of turning the alarm off several times, but once I’m awake, I’m awake. So that’s my morning routine. I then, I usually get up, and either get breakfast or get shaved and ready for the day depending on what I’ve got to do. I then head downstairs, make breakfast for us both and I then sometimes turn on the computer before driving my wife to the station. Then we have a usual routine as to the difference we have between my estimate of the time it takes to get to the station, and hers. She is usually right! And then I, if I’m working at home, I tend to stop off and buy a paper and grab a coffee, so that I can introduce myself into the day gently. I do that partly so I can see what’s going on in the news and look out for health and social care stories that interest me. And then I’ll head home, and my usual routine is to check social media, as I am a big social media fan, to see what’s going on in, particularly in health social care and government. If there’s something that’s right in my space or if somebody’s actually alerted me to something then I will look at it in much more detail. And then if I can, if the sun is shining, I will go in the garden just to get some fresh air and brace myself for lies ahead!

Helen Sanderson: Let’s explore some of that, so tell me a little about the garden first of all.

Andrew Cozens: It’s a terrace garden so it’s not very big but I’ve largely

rescued it from when we moved in about eight years ago, so it's sort of mine, my ideas about it and it's low maintenance because it needs to be. And I've tried to work it so it actually doesn't add to my stress, going into the garden and seeing the things that need to be done. It's designed so it's got space but actually it doesn't need a lot of maintenance and things like that, although there is always something happening.

Helen Sanderson: So I'm hearing that the garden is important to you and that it being low maintenance is also important to you.

Andrew Cozens: Yes I was really keen that, as I said, it wouldn't become another pressure and another job not finished.

Helen Sanderson: There's a big theme in your morning routine about keeping in touch and knowing what's going on both by buying the newspaper and social media, tell me a bit more about that.

Andrew Cozens: One of the gifts of having given up working full time is that I've got a bit of time to myself so in the way that I work now I try and organise both the things that I do but also the way that I work so that I have more space for myself, so this is time to catch up, reflect and to stay in touch with things.

Helen Sanderson: Thank you, what we've been doing there in terms of getting started with your morning routine is hearing some of your morning routine and then taking the conversation and meandering it off to explore different areas and what I was then trying to do is spot things that sounded like they are important to you, check back and ask that directly so it's guessing, asking you and then writing it down on the draft one-page profile. So that's the process I've been trying to use here.