

Getting to Know You

Live example – What’s important to Phil?

Transcript

Kay: What’s important to you?

Phil: You

Kay: Yeah. Me, wife. Top of the list, me.

Phil: Top of the list.

Kay: There we go. Let’s underline that.

Phil: Definitely friends and family, keeping in touch. I’ve got quite a large family, brothers and sister that I like to keep in touch with and which, it’s very useful having social media for that sort of thing these days

Kay: Do you use social media a lot?

Phil: Yeah. Facebook and use something called ‘what’s app’ to keep in touch. We have a particular one to the family group that we can all keep in touch with each other.

Kay: Useful.

Phil: The archery is very important to me. It’s just a good outlet for something to do. Gets me out and about in the fresh air. I’ve been doing genealogy for about 15 years and I particularly enjoy that, which may mean sometimes you’re spending time on the computer, researching on the Internet or maybe even going out to various libraries in, well, all over the place, around the country.

Kay: And dragging your wife to...

Phil: Cemeteries and graveyards.

Kay: Cemeteries.

Kay: And graveyards, lots of those.

Phil: Again it's quite nice to go out and about sometimes. Meals out with friends we particularly enjoy. That's important.

Kay: I'm a bad cook.

Phil: No, you just throw no cook days.

Kay: I do throw no cook days.

Phil: And so we just decide that's it, we're going out to dinner. It's quite nice to be spontaneous that way isn't it?

Kay: Nice to have the...

Phil: It's the joy sometime that we can just go out when we like sometimes.

Kay: Is there one other thing in your life that is big?

Phil: I particularly like travelling, ever since we been on honeymoon. First time we went abroad and just picked up the bug there. It was just, particularly enjoy travelling, meeting new people, new cultures.

Kay: And is the challenge of the disability, does it make it more interesting?

Phil: That makes it particularly interesting. But with the Internet today, at least we can do, I can do lots of research to find out how accessible places are before we go.

Kay: What kind of places do you like to visit?

Phil: Well (laugh). Well anywhere geologically interesting. Volcanoes, mountains. Been on a glacier um...

Kay: Not something most people would imagine...

Phil: No.

Kay: ...somebody who uses a wheelchair would do on their holidays.

Phil: No. Go on whale watching, a few places. Star gazing on top of volcanoes.

Kay: Indeed.

Phil: (Laugh)

Kay: So it's not two weeks on a beach in Spain that you like?

Phil: No, it's not something I like. Although what I, I particularly like in later life is cruising which is a wonderful way to – one way to – get from one country to another country without flying. Which is a particular...

Kay: What challenges do you find with flying?

Phil: The main problem is being stuck on the seat for many hours and the transferring from a wheelchair to the seat, being lifted across can be very uncomfortable. But it's a means to an end.

Kay: A means to an end, yeah. What particular challenges do you have within your condition when you are travelling?

Phil: The main problems are getting too hot.

Kay: Okay.

Phil: So we always choose countries and times of the year when we know it's not going to be too hot or too humid.

Kay: And how could someone support you if you became too hot? Is it, is it dangerous for you?

Phil: It can be quite dangerous for me to get too hot because I invariably go unconscious when I get too hot.

Kay: (Laugh) Yes, you do.

Phil: So keeping cool, hats, even parasols, cold drinks that sort of thing.

Kay: And going out maybe early in the morning...

Phil: Going out, ah, early in the morning or just in the evenings.

Kay: Avoiding the heat of the day.

Phil: Avoiding the worse of the heat of the day, yeah.

Kay: Okay. So we've said that friends and family are important. Do you want to elaborate a little bit more on that.

Phil: I like to see members of my family as often as I can but Chris and Trina only live a couple of miles away and I like to see every couple of weeks at least, and we occasionally go out to dinner and catch up that way which is good fun.

Kay: And your sister Hilary?

Phil: My sister Hil, I've spent a lot of time with recently. I like to see her every couple of weeks. And we do keep in touch by phone or Facebook or similar means.

Kay: We've talked about travelling and we like to travel with other people, specifically friends.

Phil: Yeah, we do.

Kay: Can you tell us about some friends?

Phil: One of the great things about meeting new people when travelling is that from our first trip when on honeymoon, we met a Canadian couple, Mike and Ingrid, who we are still very good friends with, 26 years later. And even to the point where they come over and stay with us and we've been over to them. And we've spent time on holidays in other places not just where they live in Canada or over here in Britain. It's wonderful to catch up perhaps every couple of years perhaps.

Kay: Every two or three years I'd say.

Phil: Every two or three years catch up. And we do occasionally call phone calls and emails. We've got other friends that we've known for years, Andy and Lynn, which we've been on holiday a couple of times. We particularly enjoy Las Vegas with them because they're such a good laugh and it's such an adult playground. And also it has wonderful access which is great for me with a wheelchair.

Kay: From what you've told me, my summary would be that, I'm important to you.

Phil: Very much so.

Kay: Which is very nice to know. Your friends and your family are important. Bullet points just going through. You're particularly close to Chris and his wife Trina and your sister Hilary who you feel quite protective of. Friends. Friends near and far. Many friends in different countries, different areas of your life and you like to keep in touch with them as much as you can. Sometimes that might just be once every few years or other friends you see more regularly once or twice a week, enjoy going out for meals.

Phil: I do yeah.

Kay: You keep in touch with social media to your wider family.

Phil: Yep, try to.

Kay: Genealogy is very important to you, it helps you to relax. It's a nice distraction. You like the history, finding out where you're from, your place in this world and that incurs travelling around as well. Travelling, world travel is very important to you. You are a volcano junkie.

Phil: As are you.

Kay: As am I. And we like to travel and the challenges of travel with a disability are as important as the travelling itself.

Phil: Sometimes yeah just as important as, overcoming barriers that way.

Kay: So personal challenges.

Phil: Yes.

Kay: Also when you're travelling you have to be quite aware of your condition.

Phil: I do.

Kay: And take steps to keep yourself comfortable to travel early in the morning or later in the evening avoiding the heat of the day.

Phil: I need the support to keep me safe or I get too hot.

Kay: And within travel, the thing that you care the least about is flying.

Phil: Yeah.

Kay: And if you could avoid flying you would at all costs.

Phil: That's why cruising is so nice.

Kay: Indeed. But it's very expensive.

Phil: It is.