

Have you had any experience of hospital medication in Britain then?

Not hospital medication, no. Oh yes I have because, I forgot, when we were coming back from Greece another time, we tend to go May and September every year. I was coming back from, I think it was Greece, I'll tell you about Benidorm after. I went to Faliraki I think it was and I was on the flight coming home and me eyes started to roll and I passed out and I woke up, a short while, about half an hour later I saw, and I had my wife holding this hand and a stewardess holding this hand, it was quite nice! And when we landed, they took us straight into an ambulance, took us to the hospital, I was in overnight while they did the tests that they do on the brain and what have you and then I was released shortly afterwards. I think that they had, there was something about the air-conditioning on the aeroplane and they had to get rid of a lot of fuel because they had too much fuel and inside the aircraft I got really warm, I think that had caused me to pass out. So it was a scary really but it was, I was ok. And then I go to conductive exercise to help us to walk because of me, the stoop in me shoulders, getting me shoulders back and helping us to walk and I find that really useful. I go to the centre once a week during the term times for conductive education it's called, but it's all about how to turn over in bed and how to sit up and how to sit down. And she teaches you lots of tips on how to make life easier, and if you're putting a jumper on, put your fingers in there and spread it round and it comes down and when you're standing up from a chair, put your hands out here and that guides you, so, your weight properly so you don't end up flopping and things like that. that's really good. That's not what I thought of. I've had the voice training and I think I mentioned it before, I didn't say what it was, that's really good and that's sort of ongoing. We have meetings every two months where you have to go along and talk loud and I do me exercises, I try to do them every day, talking loud and I practise me high notes and me low notes and do it that way. I don't know what else to say.

Ok, if you've got anything more to contribute, if not we'll stop there

Is that enough stories or do you want some more?

Well when you were in hospital in Britain, when you went, after you came back from your holiday, were you able to manage your medication during that time or?

Yeah, yeah I've always been able to manage me medication

Even while you were in the hospital

Yeah. Me wife said to us one day, 'I don't know what tablets you take' so I sorted them all out in the drawer in the bedroom and each bottle's got the instruction on it as to what I take. One per day, one half an hour before food, three per day, four of these ones a day, these ones when necessary, these ones if necessary and so it goes on

How important is that for you?

It's very important to take the tablets on time because, well your body tells you, your body tells you; you start to get a bad back and you start to shuffle your feet when you're walking and I get pins and needles in me toes, especially before they start clawing, it's like a bit of a warning that the clawing's coming so it gives us a chance to try and do something, to alleviate it. But I know it's a degenerative disease and I know it's going to get worse so I'm hoping that they can find a cure. When I was at the Parkinson's conference in Glasgow I

went to various different talks and listened to the speeches and the scope of the problems that people with Parkinson's have are absolutely enormous. They were on about genetics and they were on about patient, the patient perspectives and whether you should drink coffee or whether you shouldn't drink coffee.

One guy gave his top twenty symptoms of he had of Parkinson's which if you think about, to have twenty different problems wrong with you is, but er, when I was listening to what he was saying, the different symptoms, the problems with this loss of smell, the problems with your voice, the problems with your brain, the problems with your shoulders, problems with your elbows, problems with your knees, problems with your feet, problems with the toilet, problems with sex and so on, it was like the song 'Killing me softly with his song' where Roberta Flack went to see, memory loss is another symptom! Went to see the singer who sang 'American Pie', what was he called, Don Maclean, she went to see Don Maclean in concert and when he was singing one of his songs, she wrote this song 'Killing me softly with his song' and it was about this guy, singing her life and a lot of the speeches I listened to at conference, guys on stage telling the story of my life with the Parkinson's disease and lives of every other person that has Parkinson's disease.