

emotions. In this scene **we return to** May who is now receiving help and support from Ruth, a worker with a voluntary sector re-enablement service. Ruth has been helping to build May's confidence since her stroke. She wants to enable her to leave the house and to enjoy some of the activities she did before.

May: It's open.

Ruth: Hi May it's me, Ruth. I wish you wouldn't leave that door unlocked.
May.

May: I'm alright, just give me a minute.

Ruth: Oh is one of those for me? oh dear May, what's happened?

May: Oh I'm just being daft. It's Robert's tea.

Ruth: Well where is he?

May: He's gone. I'm sorry, I'm just being really silly.

Ruth: Well I've never known you be silly or daft. Why don't you tell me what happened?

May: He just, but he just, he came in like a whirling dervish. He came to bring me some shopping which is nice but he was in such a hurry.

Ruth: I see.

May: Well, he phoned to say he was on his way so I made him a tea and then when he got here I was just trying to get some biscuits out of the cupboard.

Ruth: Go on.

May: He asked if I was alright.

Ruth: And were you?

that he didn't have to worry about me.

Ruth: And you feel that's changed?

May: Yes, no, well it's not him I blame. I just feel what use am I now. I mean I feel like a burden, I feel as if I have outlived my usefulness.

Ruth: Well I don't think that's true. But, why do you feel that do you think?

May: Well I have to depend so much on others now. I am not giving anything back.

Ruth: Well you could argue that you have been giving for years – raised a family -

Care and caring relationships

- Ruth: Does he have more free time than Robert?
- May: Yes, I think so
- Ruth: Well perhaps if Robert didn't have to do the shopping anymore he'd have more time to pop round and see you.
- May: Well maybe.
- Ruth: Well you could broach it with him as a good thing.
- May: Well do you mean say you don't need to bring me eggs anymore, just sit down and drink your tea.
- Ruth: Something like that.
- May: Well he'd probably see the funny side of that, oh it's not that Robert doesn't care, it's just the, well these things they come more naturally to Malcolm.
- Ruth: Yes, I understand.
- May: Robert's always been used to me being independent his whole life well he doesn't really know how to cope with me now.
- Ruth: Well if that's the case the shopability scheme could be really useful. You'd have more independence and Robert would feel more secure that you were coping and he'd be less worried about you and more able to relax.
- May: Yes, that's probably true. I might have a chat with him next time he comes round, oh, I am sorry I got into such a state.
- Ruth: There's nothing to be sorry for May.
- May: I do get a lot more emotional of late.
- Ruth: Well May you've been through a lot in the last couple of months. It's perfectly normal to feel unsettled and emotional.
- May: I just thought that I'd come out of hospital and just get back to normal.

Of course it doesn't work like that.

Ruth: Well, yes, no, but things will get better. You've had to adjust to a lot of change and you are doing really well. The key is accepting help. Everybody needs help from time to time and that's why we're here.

May: Well you are, it's your job. Oh I didn't mean that like it sounds but I know you love your job pet but what I mean to say is it's not what Malcolm and Robert signed up for is it?

Ruth: You seem comfortable with the help that Malcolm provides though?

May: Oh yes, yes, well that's true. He's not my son, he's not Robert, he's more like well a good friend I suppose. We have a bit of a laugh. It doesn't feel like, well I know that he's helping me but it feels more like well more like a social thing.

Ruth: You've known him his whole life haven't you?

May: Yes. I was good friends with his mum. She passed on a few years ago.

Ruth: Well then I imagine it's really comforting for Malcolm having you around.

May: Yes, something like that.

Ruth:

Perfect.