

# My Daily Trundle Around Ellesmere Park

By June Smith

Discharged home from Salford Royal at beginning of March 2020 I was decidedly unfit. Something must be done. I am 93 years old, live alone, so I hatched a plan. I would get fit again. How???



I decided on daily walks with set targets to reach and maintain. Fortunately I had purchased a walker and this machine was to be my saviour.

Day 1, saw me do about 100 yards, and I was exhausted. But I had done it, and I was not going to be beaten. I admit to being very stubborn, and that helps. I have walked almost every day and today saw me do 1.65 miles, just around Ellesmere.

I have lived in Ellesmere Park for 69 years. I have seen many changes, some good, others not so, but my walks have made me realise how much change has taken place and just how many little pearls of garden colour and house design there are, and how people have put their own personal mark on their houses.

I walk at snail's pace, and that enables me to see, and observe more of what I actually do see.

I wonder who lives in this house? What is their life history and are they coping with lockdown? Is it a happy home or is there sadness or illness behind the curtains? Do they need help?, and are they able to access it?

I peer into their gardens, always interested to see who grows what. Was that beautiful rose a present for a special occasion or just a lucky purchase? Why do some folk keep immaculate gardens and others not? A keen gardener myself, I wonder why.

I am a 'people' person and enjoy company so I asked for a walking companion to help and encourage me to go further. I now have 3 walking buddies. They have made a huge difference to my walks and I now go further and walk better because of their company. Many thanks girls.

If you should see me on my daily morning walks then please do say Hello. I am deaf, and if i have my earpods in I may not hear you, so please do make sure I hear you .

We are all so lucky to live in this beautiful Park.

19 June, 2020