

THE ENGLISH LETTER SEPT 2025



Good evening or morning depending on where you are on this little planet of ours.

Our last news was in Sept which was the start of a poor 3 months or so for me. I am once more going to talk health issues. Sorry but our lives are dictated by it with hospital and medical appointments almost every day. I think I am coming out of this forest of cutting and operations although they have left their mark by way of a body that lacks energy.

Even Saturday saw me sleep most of the day which was not something I had ever done before. People interpreted this as a significant moment and Bev had difficulty in answering phones and the Anchor call system that resulted in an ambulance being called (Andrea) and the arrival of Melanie and all from Kendal. The ambulance was cancelled. Off to the Vic again but processed quickly through A&E where a UTI was diagnosed as yet another issue.

A plan with oncology might improve my energy level. After that the next significant op is the stent replacement under general anaesthetic in March 2026.

It is not only me that is affected as Bev finds herself having to do so much more around the flat and for me.

I could not make the walk to the Plastic surgeon last Monday and a kind volunteer wheeled me down that very long corridor. Whilst waiting I sat waiting next to another chap on a bench and chatted briefly about how others had medical conditions worse or the same as our own. It turned out he was a sprightly 92 years old. But I know that there are people who receive this letter who are battling cancer or brain tumours. We think of you and welcome your stories as I have found that talking about these matters is a little cathartic.

I am in that decline stage but hopefully clear until March 2026 of invasive procedures. I hope to be able to sit back, do little or nothing other than rebuild the body. I let my body dictate to me and the doctors seem ok with this given my position. So Cokes, grapefruit segments and juices plus Lucozade and bacon sandwiches are fine even if I use them with my daily drugs.

Bev does the main cooking (heating up really) of healthier dinners.

You can imagine that all of this has not allowed us to do some things that we had wished to and thus this diary is rather sparse in this regard.



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Had to get at least one picture in on the first page. We are at Tiggis for our 56th wedding anniversary even though my appetite has fallen off the cliff like my energy. No walking to the restaurants anymore but a very short car drive away.

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We had a visitor in Nov being Di Daniels who was a good friend of ours in Port Elizabeth.

Her whistle stop trip had to be busy as her stay was so



short. A walk with fellow resident Harry over the dunes and along the beach and a breakfast at beach side Toby's saw her use this as the start point to head off to Lytham and then all the way back by herself. A drive through the Blackpool lights also had to happen. Above right photo is round our dining table.

We had booked an afternoon tea at the Glendower Hotel and invited Harry along as a thank you for his tour guiding. This pic(above left) was taken by Harry during our 4 hour or so tea with alcohol.

It was great having you Di as we finished off with a meal at The Trawl Boat.

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The sudden visit to A&E disrupted Melanie's early Xmas Day get together but somehow we were able to exchange some fun gifts and use pizzas as our Turkey replacer. Sam and Mac had returned from down under and it was good to hear from them about their trip. So the Sunday planned dinner was cancelled.....until Sunday morning, when we received the

call to say that this very vegetarian household still had the crown turkey and if I was up for it we could gather for another Xmas dinner. I thought I would make the drive to Kendal and up we went with cautious driving. Lunch and another great dinner with games made for a lovely second Xmas day.

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I found myself the receiver of a pair of jeans being the first I had ever owned.

They fitted well and the stretchy material was actually very good. What do you think?

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Sandhurst Grange carries on although these days (for now) I have to be a supporter of the Table Tennis. This photo captures the lovely friendly atmosphere we have here that even Di

experienced as she attended the coffee morning for a few minutes.

I am organising the SG Xmas dinner for Dec 17 at Le Patio and hope to be able to see this out even if I have to take the prawn cocktail and then the salmon to fit my appetite.



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A booking went wrong at Imli that saw us head off to Jemmas for a super curry which now means we have two we are happy to go to. A photo captures that time.

You will see how our activities have been truncated by health matters to local restaurants and only then for special occasions. Mind you that is not bad.

We must end here as we await the arrival of Andrea on Dec 19 when our third Xmas day will be recognised after a few days in the Lakes.

So please contact us and tell us your stories.

In the mean time have a tremendous Christmas and new year and for those with ailments may they go away or be held back for the longer this letter goes out then the older we all

are and the more likely for us to have the need to talk to each other and thus realise you are not alone. Sharing is part of caring.

All our best regards.

Alan and Bev