**CONFIDENTIAL**

Date Transcribed: 18th May 2021

Interviewer(s):

Respondent(s):

**INT: Thank you very much for your time today, it’s much appreciated. I can’t remember who it was that passed your details onto me.**

P28: [wildlife charity].

**INT: Ah okay.**

P28: And I don’t remember who it was. I volunteer for them so it is one of the several people I come across when I volunteer for them.

**INT:** **Okay, so I can give you a bit of background about the project which you might have heard a bit of already but I’ll just recap. So it is a two-year project that’s funded by the Government through the [research council]. It’s being led by [research council] in [TOWN] who run their biological record centre. And then I’m at the [University] and we’ve got people involved at [University] and [University] as well as the record centres in [CITY] and [COUNTY] which are our kind of focal areas and then [wildlife charity] as well; well butterflies and moths are some of our target species for this phase of the project. What we are looking at trying to do is improve species distribution models which could be used for different types of environmental decision making. So what part of the team are doing is looking at where records are most needed to improve those models and then the bit of the project that I’m involved in is looking at whether we can encourage some of the recording community to spend some of their time going to those places where records are needed. So this series of interviews that I am doing with different people from the recording community is more about understanding how they make decisions about where they are going to record and what they are going to record and about their motivations for doing biological recording. So that is what this is about today and I’ve got a series of questions around that but it is supposed to just be a chat as well.**

P28: Okay, yes.

**INT: Have you got any questions about any of that?**

P28: Only that I do as I am told so the [wildlife charity] says how would like to volunteer for this, and it will usually be on the sites they manage but it might be on something that the City Council or someone else has asked them to look at; and I just do what I’m told really, it’s lovely. So I don’t do any of the decision-making as to why I’m recording in a certain area.

**INT: So how did you get started with that then?**

P28: I think I went along with grandchildren to a [wildlife charity] event, a family event and probably just got chatting to someone about eight years ago and then I paired up with a volunteer who was also a part-time recorder, a part-time ecologist with the [wildlife charity]. It’s a charity and they are not paid very well I don’t think any of them. So they move around a fair bit and come and go with jobs and start off as volunteers perhaps and then get a bit of a job. So, and then I did a fair bit of recording with her and then I think it was probably her and the [wildlife charity] managers in general put in for quite a largescale bid, I am assuming, called Data for Nature. I mean it’s been going for, they’ve just got a second bid accepted so it went for two years and it was asking the site managers to say what they would like recorded to inform their management plans. And then training us up to record things. And that was for two years and now we’ve got more Days for Nature, so we continued doing it really.

**INT: And that’s [wildlife charity]?**

P28: Yes, [wildlife charity], yes. I did one recording session as part of a week’s holiday with the [wildlife charity] and that was for butterflies actually and I think they used us instead of cows basically to trample down the ground on this steep slope. Supposedly we were counting, I know them well because I’ve got a lot in my garden, violet plants and you shook a leaf of a violet plant and if there was another leaf nearby that didn’t shake it was a different plant. So you were counting how many violet plants were on this really steep bank, and other things. But actually I think we gathered – I mean this is a joke, we gathered over the week that it needed trampling down to keep the right mix of things and I think us dozen volunteers walking up and down doing various sorts of recording fulfilled that better than cows that might not like that deep slope. So it was a good week, it was a good week, yes.

**INT: So that’s the only sort of formal recording that you’ve done outside of the [wildlife charity]?**

P28: I think so, yes, yes. I do a little bit, no it’s not really formal recording, I do a little bit on, I can’t even remember what it is but I pass records onto people who know a lot more. We’ve got a very historic, very well-supported group, it’s called [Natural History Society], it’s based on some Victorian who they know, there’s someone who knows everything about the smallest fly, the biggest beetle. So sometimes I say and what’s this, and if it was very rare they would tell me oh that’s the first one and where did you see it. But that is very unofficial really.

**INT: That’s just when you’re out and about doing, like going for walks.**

P28: Yes, wherever I am and if it was something that was of great interest, some expert would get back to me and record it. But it is usually they tell you what it is and that’s quite interesting. Instantly forget but it’s quite interesting.

**INT: Is that any species group then?**

P28: Any group, anything yes, it is divided into all sorts of different groups but yes, it would be mammals and I know where the adders are but yes, amphibians, flowers, beetles, fungi. Oh I did do one, I did do [unclear: 0:08:36.6] I do another one with [wild plants charity]. So I do one annually, twice annually with a charity called [wild plants charity].

**INT: Is that [monitoring scheme]?**

P28: Yes, the [nationwide project], that’s what it is called, yes. It was just [wild plants charity] did it but it became part of [monitoring scheme]. So I do that, I’ve done that for about 10 years I would think and then they recently, last year, did one on field mushrooms called something and I’ve got a load in my garden, and then you spot them everywhere. So they are grassland, wax caps. So I joined in with the Wax Cap Survey, just as an individual, sending them records whenever I saw wax caps somewhere.

**INT: So it was probably the [wild plants charity] survey that you started off with then, did that come before the - ?**

P28: Yes, it would have been, that would have been before I retired, yes.

**INT: What was it that prompted you to start with that, can you remember?**

P28: My sister had done one, she doesn’t live near me but she talked about it and I supposed we grew up in a wooded area, wild and free as you were 60-70 years ago and somehow acquired the knowledge of the names of lots of wild flowers.

**0:10:00.8**

We can’t remember whoever told us but we knew them or we’d got our [COUNTY] pet names for them. I sometimes said to the ecologists about six years, oh that’s a – and she said, a what? I can’t remember, but she said I’ve never heard it called that before. I said that’s what we always called it. (Laughter) Yes, so it would have been, I know it was through my sister [Name] that I thought oh I’ll get one of those; not knowing that I’d get a huge, well kilometre square of a bit of very, I like the wild moorland but actually when I first trusted across it I thought there’s nothing here, there’s nothing and you have to mark five specific areas within that kilometre square. I thought well I am going to have to cite them next to something distinct otherwise I’ll never find it again. It is just masses of two different sorts of grasses and then there’s a big area of heather and then huge areas of bracken. So I was thinking you know they’d give me a nice bit of woodland somewhere or something. Anyway I’ve got very fond of this area over the years.

**INT: Have you?**

P28: And because I know it so much more now, I think of course that bit’s different from that bit and that bit is there and.

**INT: What kind of motivated you to carry on with that then?**

P28: I think once you sign up you sort of meant to be going on longer term. I’ve taken my granddaughters round it saying this will be yours when I’m not doing it anymore.

**INT: Do you feel that sense of duty that you’ve got to carry on with it?**

P28: Yes, and we didn’t do it last year, or I didn’t do it last year because of COVID and then I could have probably done it in the autumn. You do it sort of late spring and late summer and I didn’t quite get to it and I felt quite guilty about that, yes. They said they could understand if people weren’t doing it.

**INT: Yes, yes.**

P28: It’s a drive away, it’s not on my doorstep. It’s not far, it’s about 25 minutes I suppose but you got used to not using a car really.

**INT: Yes, and then do you have a walk from where you park the car to get up onto the site as well?**

P28: Yes, yes, it links really and then I just go off piste to get back when I’ve done it.

**INT: Yes, and so do you get feedback from [wild plants charity] as to what that data is used for?**

P28: Yes, they do and they do some fantastic training but not much around my way. But of course it’s all gone online now so I don’t have too more bits. I did go on one training session about grassland ID and my ecology friend had taught me probably about six different grasses by habitat and by looking at the grass and I went on this [wild plants charity] course and you needed a higher degree in plant anatomy for me to understand what he was talking about, poor chap. And really good vision, really good vision because even with the hand lens I had to keep saying oh yes, and I had no idea what this bit of a bit that you might be able to see on some bit or the other. He was really good and everyone else was fine. I was just thinking oh 64 I was then, that new learning is a bit extreme for me really. Yes, so they are good [wild plants charity] and they do do good feedback, yes, they keep you involved.

**INT: It doesn’t sound like there’s much diversity on those sites anyway but if there was something that you couldn’t identify, would you be able to take a photograph and they would help you with that?**

P28: Yes, that’s come in in the last few years. It’s only very recently I’ve been persuaded to have a mobile phone. I have no idea where the old fashioned little phone is but you know they were putting that on a computer and then finding the right way to send it to someone would have been quite complex for me. I grew up and work wise haven’t really needed computers very much. But I now have a mobile phone and I could do that, yes.

**INT: Yes.**

P28: Or I’d stick it in front of someone else that I know quite well or I take different people on a walk. I did take one of the ecologists on a walk, I’d done a fair bit of driving her around. I said would like to come and see my site? Oh no it’s sat nav, I didn’t have, they wanted if possible a ten figure – not sat navs, what are they called? GPS. They wanted ten figure grid reference for the North East corner of where you were and I looked at the map, I work very much with OS maps, I’d looked at a map and worked out a six figure as such. But yes [Name] came with a, I know them well because we use them all the time, the things that aren’t sat navs. I’ve had a stroke recently, three weeks ago I’ve had a stroke which is just amazing, I am a fell runner, a wild swimmer and a cyclist so I’ve spent the last three weeks assuring people I am fine but erm, yes that is a good excuse for why the brain’s stopped working. But it didn’t work very well before then. Yes so GPS, she bought the GPS along and told me a few things.

**INT: Okay.**

P28: So yes I think people are probably getting a lot more support through online resources of what’s this, yes. And they’ve now set up online groups as well, area groups. I am not very good at online. I am an outdoor person, yes so doing more things on the computer doesn’t really suit me, I prefer to just be out.

**INT: Yes, it sounds like you’ve got good personal contacts that you can speak to face to face rather than having to go online?**

P28: Yes, indeed, yes.

**INT: So then with the [wildlife charity] monitoring and recording then, what sort of things are they asking you to do there, what species and?**

P28: So I’ve probably done four woodland surveys, so I’ll have done not four visits but four different sites I’ve been to where I’ve done winter conditions, so that’s how much deadwood is standing, how much deadwood on the ground, whether there’s open spaces. They ask for different things in different sites, one of them wanted to know what cover holly there was, they wanted to know whether there’s any invasive trees like laurel of rhododendron that’s come in. we always report any damage or anything you see. There’d be a few other things. The spring one is tree identification so they want to know what the balance between perhaps oak and birch and larch, whatever else you find and what age category they fit into, whether they are self-seeding ones or whether they are under 20 years or whether they are mature or whether they are veteran trees. So you record that for however many metre squares they are. Whether there’s water present sometimes and then I did, in the woods as well I did a native woodland plant indicator one looking at the species for [COUNTY] that would indicate it was ancient woodland. That was in my sort of area of confidence, yes, yes.

**INT: And will that be repeated then or was that a one off?**

P28: It depends a little bit on funding. I think those, I am assuming are useful information for management plans and to know whether or not they need to clear more holly for instance or cut more dead wood. I know, I’ve done another one with them that was counting the heads of bog aspinal, counting flowering heads, marching in like a police file across a bog in our waders and wellingtons. People, five or six metres apart perhaps and you have to say that one’s nine, I’ve counted that one. You get to, we get to up to about 250 between us I would think and I know that’s on a five year basis because that is a bit of a boggy moorland bit that they, I don’t know if they’ve got some funding perhaps that is there because they are increasing the whatever comes with more bog aspinal being there, yes.

**INT: So it is mainly botanical surveys and condition assessments?**

P28: Birds, I’ve done birds, I’ve done night jars and tit, a tit that we didn’t see or hear, marsh tits.

**INT: Marsh tits, yes.**

P28: We did one marsh tit, a dawn marsh tit one and then covid came but I did do five, one a month of - it’s funny talking to someone else isn’t it, skylarks, which was fine in March but the time you got to June you were meeting at three o’clock in the morning before the sun came up, or meeting at the office at three o’clock in the morning to share cars and drive out.

**0:20:07.6**

So that was a monthly one and that was very clearly because they were trying to improve the area for, the woodcock one was a night time one but the skylark was the day time one. They are trying to include the rough pasture bit and keeping the dogs off a bit. Oh I’ve done such a lot. I’ve done newts and I’ve done, this is all with the [wildlife charity] and damselflies and dragonflies with some very, not very young but some extremely bright younger people who again have quickly learned to identify things and I just thought it as blue, or we got used to catching them and you hold two legs and they will sacrifice one of six legs, sacrifice two, so you hold them by two or three legs. And then you’re meant to, some of them you are meant to see a little black bit, looks like a wine glass and I am thinking no idea. But they learnt really quickly. I went with them, we were just an assigned group and I was there with them sort of on week one and then I happened to be in the same group week four and they’d got it, they’d got it, they did. Bright young brains. I mean some of them are doIng PhDs and trying to get into that field which is why they are volunteering. But it’s a delight to be with them, that is partly why I do it.

**INT: Is it, is it the social side of things?**

P28: Yes, it’s a delight to be with different people who all enjoy being outdoors and treasure the variety of wildlife. Some are very knowledgeable and some like me that if you give me a bit of training and a group to start practising the skills in a park, fast flying dragon flies and tiny little things like that, yes I can usually get my head round it. Trees are good because they don’t move and we can, yes, yes. You can tell if it’s a big tree or a little tree and you were given a tape measure.

**INT: So is this all on their reserves then? Or is it sometimes outside of their reserves as well?**

P28: I think one of them might have been a site that they manage. I am never sure about ownership and managing sites. They’ve got, they are a very active group [wildlife charity]. They’ve got another grant on the go at the moment called [Heritage Fund project] which is working with farmers and local historians to work in the North of [CITY] where there are a series of dams. And I’d done some tree planting on someone’s with them, someone’s field – oh I know what we did, I’ve done two different rodent surveys. Yes I did a water vole survey and that was on [CITY]’s, [water supply company]or [water supply company], it was their site although a lot of it is public access but a lot of it wasn’t. And then I did a, not harvest mice, yes harvest mice survey and I think that was on someone’s farm but that was part of the [CITY] Lakeland Project.

**INT: So how do these requests yet to you then, do they email out?**

P28: They email the likely suspects who volunteered before. We sign up I think and yes, yes, the same – this would have gone out to that grouping really. Yes, and we were about to do some surveying and we put on the training and might you be interested? Yes, yes. [unclear: 0:24:22.1] I suppose they hold.

**INT: And are there some requests that you don’t take up? Are there things that you don’t want to do?**

P28: I haven’t found that yet. The only thing is, with some of the waders, I was actually leading the skylarks; not that I knew the most about skylarks but I can organise a small group. But the waders, they wanted people who would know snipes by call and I got a place in a group for the nightjars one night but I couldn’t have been there with other people who didn’t really know about nightjars. But you know they gave me a place when there was a group of four others who knew what they were doing, I had to cross the Moors in the dark with them. So yes, the only ones I turn down is where they are looking for more specialist knowledge. There probably was training alongside that but I think it is problem useful. And there’s a lot of bird enthusiasts in [CITY] so there were people who could easily jump to that one. No, I don’t think so. The damsel fly, dragonfly one was fascinating but I didn’t have the eyesight or the skills to learn quickly enough; despite good training. I kept saying in the training I’ve got a pond in the garden and I said you know you’d think I’d know three or four different things that come out of it but I don’t. I keep looking them up and it gets down to minute details and I’m thinking well it was a little red one or it was the big yellow and green one, yes. But I can’t think that I’ve turned much down. If I am available, if I am around, I mean I’ve got eight grandchildren and I do do grandchildren duties so it depends, yes.

**INT: Have some of them got to the age where they can come with you on things like that?**

P28: No, no, not with the [wildlife charity] I wouldn’t, no. Well I suppose even before Covid, it’s usually a day out and the [CITY] ones, the local ones are 10 and under. So they are fine on my plant monitoring one because I don’t have to get through all five bits on my kilometre square, we can do as much as we want. The [COUNTY] ones would be better and in fact, I got the [nationwide project] one when it was in its earlier days, actually signed my grandson up for a length but then they changed how they were configuration it and there was nothing in [COUNTY] left really. I think there’s a lot of keen people around that area so he lost a little bit that we did together as such. So yes, yes.

**INT: And so then when you say you sometimes pass on the ad hoc records of interesting things you’ve seen, is that when you’re out for a walk somewhere?**

P28: Yes, or in the garden, had beetles biting my bosom when the sun came out about three weeks ago, little tiny beetles that I tried to get identified, and then a big stag beetle was a night bit of discussion. It was a very straight – not a stag beetle, shield bug, very straightforward discussion about the fact that it is brown doesn’t mean it’s not a green shield bug. This is why we always use Latin names, you know it’s lovely just to see the bits of conversations between experts really when someone puts on something they want some clarification about, yes.

**INT: Is that on the Facebook group then?**

P28: I think it is, yes, yes, and I think the [Natural History Society] is a Facebook group, I am sure it is yes, and that’s the same for the grassland fungi, Wax Caps. I am not very good on the computer, I just automatically press the right buttons to get into something I suppose I use frequently. But yes I am pretty sure it is a Facebook group I am on for [Natural History Society].

**INT: Yes, and that kind of adds to the interest then seeing those conversations and learning something?**

P28: Yes, instantly forgetting in my case but it is just so lovely to know that there are those people out there with that interest and willing to share and confirm what they know, yes. And lovely photos.

**INT: Yes, so can you kind of pinpoint what it is that motivates you to do all this recording then, and does it differ between the different types of recording that you do?**

P28: I love being outdoors and I’ve got a good fell running and walking and cycling and wild swimming groups that will run and swim whatever the weather. We probably don’t often set out for a walk or a cycle ride unless you’re on route to your bed if it’s pouring with rain. But you do when you are, if the conditions allow – no use going out to look at dragonflies or damsel flies when it is pouring with rain but if you said you’re doing a woodland survey you can do a woodland survey in the rain. I really almost prefer to be out than in. I mean that’s not the major one but it is a bit that, you know it’s just another good reason to be out.

**0:30:05.1**

I tend to move quite fast through the landscape because I am a runner and you go really slowly, you go really slowly, you’re on your feet all day but you are – I suppose it would now be called mindfulness, you know you are looking for tiny bits of difference and you’re focusing on little things and it really is a nice different way of being in a landscape. Although this company, often you are quite a distance apart from someone else because you’re trying to cover a whole – I can’t remember what they are often, they must be 10 metre, 20 metre squares that what you are, the area you are surveying is marked off on a GPS map into large squares and you are trying to cover each square efficiently. So you stand quite a distance apart from each other. But it is just nice knowing people are there doing it with you and then you have a chat and move onto the next square and things. So if you said which one is the important thing I can’t tell you really, it’s all of it. It is being outdoors, it’s learning a bit and being reminded a bit. I walk through a wood now and I notice standing dead wood and dead wood on the floor and I would never have thought of that before. I think I’d have thought about glades, open spaces in woods but I wouldn’t have thought about how much dead wood someone’s purposely leaving. And I notice that now when I go through a wood. So yes.

**INT: And is it particular landscapes you have that connection to as well? Are there certain landscapes that you prefer to?**

P28: I like the open moorland but that’s in the last 45 years since I’ve moved up to [CITY] but I’ve reconnected with woodlands since I’ve joined the [wildlife charity] because we’ve done a lot of surveying in woods. So, I like bogs, that come from fell running, there’s always a bog or a stream to cross or something. No, I like it all really. I’d love a beach but I mean I’m nowhere near a beach in [CITY]. Not seen the sea. If someone told me to go and do a bit, I don’t know much about beach wildlife but yes I’d like to know more. No, I don’t think so, I think anything really. And it is lovely being out at night. You know I only did the one nightjar but you know and even some ridiculous hour in the morning to do the skylarks. You know it’s an excuse to be up and out really at a time you wouldn’t normally be up and out. So all that, you know getting out into different weathers and different places with a group of enthusiastic people, and young people. I mean I’ve got daughters that are youngish but being with other young people is always nice because I tend to move in confident groups that are likeminded and my running groups, between 50 and 70 years of age. I walk with ex-colleagues and things so it is nice just sometimes to be with young people.

**INT: And does part of the motivation come from what the data are then used for as well?**

P28: A small part, I am assuming someone’s doing that very diligently, making sense. I trust the [wildlife charity] to be sending us out for a good reason. I’d trust the [wildlife charity] as well, struggling down the bracken on the hillside, yes. Yes, I think we could get more involved in that way. I did, with the last woodland one we did either side of Christmas they did ask if we’d input the data as such and I thought well go on [Name] have a go at that. It’s terribly tedious but I did the big spreadsheet. Yes and there’s several people in the office or at home crunching all that and coming out with something that will make sense to the next five-year plan or whatever.

**INT: Okay, yes, and - sorry is that your phone?**

P28: It is, it’s fine, there’s an answerphone on it. People are phoning up because the [Name] [Name] are getting wider and wider around [CITY] about [Name]’s had a stroke, did you know. Everyone’s just checking in. It’s a big job assuring people that I am fine and yes walking with as many as possible, because I look fine, I think I might be a bit lopsided or something, it wasn’t that sort of stroke, it’s another sort of stroke I know now. So yes, who is to say, but they will leave a message.

**INT: Hopefully they won’t be worried that you’ve not answered the phone?**

P28: No, I had it three weeks ago, yes, yes, they’ll think I’ve gone out for a walk.

**INT: So obviously act on requests from the [wildlife charity] to go and do surveys, is that something you would be willing to do for other organisations do you think?**

P28: Yes, if I felt competent in what you were asking me to do, yes, yes. I do the annual bird one and the annual butterfly one, I do those along with many other people but yes, yes. What I like about the [wildlife charity] was exceptionally well supported because you had the experts with you all the time but the [wildlife charity], the training is very good and then if needs be they are there with you and have a practice run with them as such actually out on site. Yes the training is very good so you do feel by the time you get out there to do your bit, usually in small groups. The flower one I did end up doing on my own. Yes, you know that you can do it how they would like you to do it.

**INT: Yes, it sounds like a very supportive group, it sounds lovely.**

P28: Yes, it is yes, yes. So yes I’d be happy to do anything else that didn’t require me to travel too far and I’d felt I would know well enough that I was doing it appropriately and I’d got the skills to do it.

**INT: Another sort of sites that you wouldn’t want to go to, if it was a request to go somewhere which wouldn’t necessarily be particularly interesting, it’s just that data are needed from that place.**

P28: No, no I’m fine with that. Some of the [wildlife charity] sites you were under, you don’t want to because you know why they’ve got them but yes they are ex-industrial sites and things with huge telegraph poles, pylons going through and a flyover from a main road heading onwards – well motorways and things and a load of rubbish dumped down from the road, yes. Collected on a regular basis but it doesn’t mean it’s not there when you visit. But you know they are important green spaces and they are part of the management plans two of them are. So no, I am happy, yes and I am not, I am no longer terribly over-excited when they ask you to do a certain survey for a mammal because I know it’s poo you are going to be looking at rather than little cuddly animals. You get expert on the shape of poo.

**INT: Yes, yes.**

P28: But that’s alright. Yes.

**INT: Well I think that covers everything on my list.**

P28: Okay, well done.

**INT: Yes, so is there anything else that you wanted to say about why you record or the type of recording that you do that you haven’t said already?**

P28: No, I think you’ve probably covered it, yes. Mostly with the [wildlife charity] it’s a clip board and you are filling in a specific sheet about yes, no or a percentage or day force scale or something. Or you occasionally have, we take photographs to say is this a harvest mouse nest or is it something else but it is usually that sort of simple, yes. No, I think you covered anything and everything. I imagine I’m an outlier am I in terms of who you are asking questions of?

**INT: I haven’t spoken to anyone else that’s been involved in kind of a [wildlife charity] Scheme like that. I’ve mainly been speaking to people who are more focused on butterflies and moths, and I guess do more transect surveys or targeted recording of butterflies and moths but I was just speaking to somebody else who does [nationwide project] Scheme somewhere down here. So yes, it has been a whole mix but it’s been lovely to talk to people. Like you say it is just nice to know that other people are interested in this sort of thing and committing their time to it and …**

P28: Yes, yes.

**INT: Yes, unfortunately the flip side of that is that the motivation or the, what people are recording is often a decline and you know the overall picture isn’t particularly –**

**0:40:06.7**

P28: Healthy.

**INT: - no.**

P28: We’ve got good water voles here, got good numbers which are on a red list I think.

**INT: Yes.**

P28: They are doing quite well around the north of [CITY] with some of the waders that are on, possibly on red lists I’m not too sure but yes we’ve got little areas that are holding quite well.

**INT: Yes, and I think that’s the nice thing about doing the recording isn’t it that you do visit those places which, where things are doing well and where you see the kind of rarer species and it gives you a purpose to go to those places and – and then you don’t feel quite so much that all is lost when you know that you can go to places like that and see something unusual.**

P28: Yes, or look at poo, that tells you what was there.

**INT: Yes (laughter) yes.**

P28: Yes, indeed, yes.

**INT: Well it sounds lovely and I assume you’ve got a busy few months ahead of you then?**

P28: Well there’s lots of recording going on and there’s training on Monday for the spring woodland bits and I have just got through to say I can’t drive and it is a reserve quite some way out, and there isn’t a bus or anything and they are meeting at nine o’clock. So I have just said can you keep me in touch when you are setting up groups as such because I have done that sort of thing; they are usually specific for the areas that you are being asked to record but, you know I’d like to slot in once I am back driving.

**INT: Are you going to be restricted for a few weeks do you think in terms of -?**

P28: Well I’m not allowed to fell run for six weeks. I said I bet that’s the only time they’ve put it on the discharge papers from a stroke victim, advised not to fell run for six weeks. Not allowed to drive for four weeks, but that’s not next week, the week after I can drive. And you know I am walking six to eight miles almost a day and yes, so I am doing well, I had the right sort of stroke apparently and I am hoping to make a full and good recovery yes.

**INT: Good.**

P28: Scan my brain in three months and I am hoping that everything shows it’s back to normal. What is happening is that I am being monitored for some familial difficulties in terms of high cholesterol and blood pressure.

**INT: Okay, yes.**

P28: I walk into a, well even into the hospital but you know the very rare occasions go to the GP, I don’t look like I am the sort of person that they should worry about because I don’t drink and I don’t smoke and I’m not overweight and I’m very active, and I’m vegetarian bordering on vegan and eat well. So even you know looking through who has a stroke or those things, and anyone else category – it does mean I will be monitored which is useful.

**INT: Yes, definitely yes, and it shows you the value of being fit in the first place doesn’t it?**

P28: That’s what they said yes, quite a few people who aren’t my running friends say are you going to slow down now? I say no, they said I am going to make a quick and full recovery because I do lead such an active lifestyle. So no, I fell run because I love it, yes.

**INT: Yes, and you are in the right place for that aren’t you?**

P28: Yes, yes, lots of ups and downs and bogs, yes, yes.

**INT: Very nice.**

P28: Okay, well nice talking to you and all the best with your research.

**INT: Thank you very much and yes, hope your recovery continues to go well.**

P28: It will do.

**INT: Yes, and you enjoy the recording season ahead.**

P28: Yes, indeed, yes, lovely, thank you then.

**INT: Yes, thank you, bye.**

P28: Bye.

**[Audio Ends: 0:44:06.5]**