

Michelle's Story

I'm Michelle and I'm a carer of my husband, [00:13 Cyril Lochran]. He was diagnosed in 2011 with leukaemia.

When you go to hospital, sure, you'll get there and you're seeing your consultant, nurses, or whatever, if there's something you want to ask, do ask. If there's more than one question, try and write it down so it's fresh in your head.

Me and Cyril have been coming to Charis for...it must be four or five years, and it's wonderful, it really is. The girls are brilliant. The treatment, Cyril just loves the treatment. He gets his wee feet done, and counselling, and then I come for relaxation as well and it's lovely.

It's easy to forget ourselves, especially for eating and drinking and whatever, and Cyril and I came to Eat Smart here in Charis. It is healthy eating, and we got a couple of good tips of how to eat healthy.

We started a lovely walking club here at Charis, and it was over six weeks, and we both love getting out walking, especially for Cyril as well, with his mobility.

I've started now volunteering now for Charis on a Thursday. From my volunteering, I feel as if something good has come out of being a carer for Cyril.

At the moment, Cyril is doing very well and he's getting out and about, which he hasn't done in a very long time. He's getting to see friends, getting out for a meal, and just trying to enjoy life the best that he can at the minute.