

Brownsea Place Residents

“What does ‘resilience’ mean to us?”

Maureen McClarens

Muriel Williamson

Violet Sadler

Shirley Glass

Anne Gray



Visit to Discovery Museum

- Remember how hard it was (iron lung, ration books, clothing coupons, Co-op number)
- Made us feel fortunate that we hadn't been ill
- North East hard working place
- Proud of heritage – proud of Geordie roots



Cultural animation workshop led by Sue Moffat from the New Vic Theatre



Thoughts on Resilience workshop

- Made you think
- Showed us what we could do
- Hesitant - challenge – should I join in?
- “What does ‘Resilience’ mean?” “I don’t think about things like that everyday?”

Thoughts on Resilience workshop

- Feeling shy, but I've got to push myself
- Try anything once
- Have a laugh at yourself
- Smile in the face of adversity




Adversity – things that have happened to us that required resilience

- Bereavement
- War
- Children leaving home
- Ill health

How did we overcome these challenges?

- Difficult circumstance has made generation more resilience – strong community spirit
- “As you age, you don’t worry about things as much.”
- Friends invited me on holiday after two years of being widowed: “I came home and thought ‘I’ve got to get on with it’.”
- Keep relatives alive by talking to them

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- A man in a blue shirt is standing in the center of a room, smiling and gesturing with his hands. He is surrounded by several people seated in red chairs. The room has white railings and a window in the background. The text is overlaid on the left side of the image.
- Friends, social support
 - Living at Brownsea – warden instrumental (fall, talking to you during difficult times)
 - Charitable work and volunteering
 - “Caring employers helped me when I was younger.”