I know what I like

Lovely mug Ugly mug

do

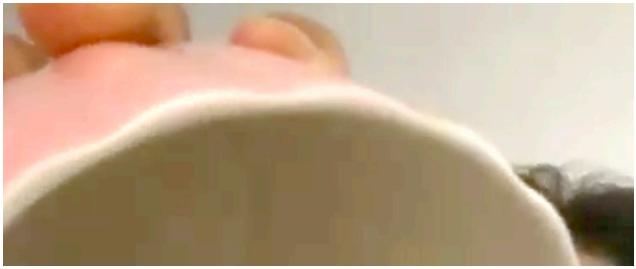
woof

Quite difficult to choose a favourite mug

I was thinking favourite as in 'choose to drink from' or as in 'attached' ? I chose this mug because essentially it's the oldest mug in the cupboard and it's rather worn, as you can see. It's the last surviving mug of a group of mugs that were bought by myself and my partner when we moved into this house which was probably (our daughter is 18)- so it would have been about 20 years ago, unbelievably, and it's the last sole survivor.

I think that .. certainly there was a cat, and a cockerel, and different animals. Similar style to that, as you can see, with quite different colours, though. I think when we chose them, they were quite - bold. They were, at the time, quite - modern. It's quite old. So there's lots of mugs (like that) now but at the time they would have been altogether quite different. It's quite dull now, but it was bright. Bright orange, bright red.. and they were kind of fun. You see lots of mugs like this now or similar - but at that time - (they were either) plain or like your mum's china, mostly.

So it's quite a nice memory, I guess, is what it is, isn't it? It reminds me of a sort of special time, an exciting time, when you are buying your first home with a partner.



Does it bother you - what you drink out of ?

It does bother me because I don't like mugs that are too thick. I like a nice kind of you know, - thin...? My second mug I brought which I really dislike. I hate this mug. It's thick, it's chunky , it's far too big anyway, I don't like that much tea or coffee.

It's really chunky - it's a set of four that was bought for us by - my partners parents, I think, so it has to be kept. I hate the colour. I hate the weight, I hate the size. I never drink out of this cup and it bothers me that that I have to negotiate my way around it and it's fellow compatriots in the cupboard taking up space. The others aren't quite such a bad colour but his colour is truly unpleasant to me. The other colours are quite pleasant enough: there's a pale blue, a pale green, and a kind of yellow-I think it's pastel this kind of colour ?

But that colour -is it salmon pink? I really dislike. I think its called salmon pink, or coral or something? .. I don't think it's got any associations for me, I just don't like it. No.

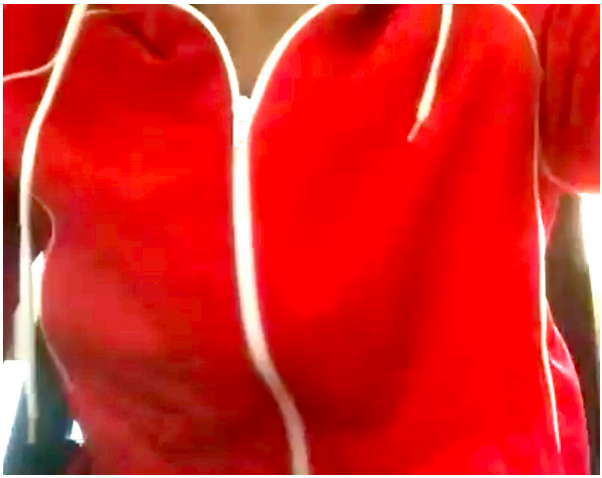
What would be your perfect mug?

It would probably be white, china. Not a big mug. A fairly small size mug. I like to drink out of a china mug. I am not that particular - but as a general rule I don't have big drinks. If someone brought me a great big mug of milky tea, I would just be like: " That's too much for me" - that's not what I like.

Part of the reason for me volunteering for this was that my grandmother had Alzheimer's and she was in a care home for many, many years. Mum and I would visit -I visited very regularly in my late teenage years but then I left home. She lived for quite a long time in the care home, So she deteriorated quite significantly during that time to the point where she didnt really know who we were or where she was.

My Mum would pretty much go and visit her every day actually because she put her in a care home which was just like half a mile down the road from where we lived. She would pop in every day on her way home from work and just sit with Nana for half an hour. She would insist that.. Nana would have a cigarette and a Drambuie. If Mum was on holiday, or couldn't go - then she would insist that one of the carers would sit with Nana - because that's what she liked? It's the little things isn't it, that matter?

What my Mum always says to me (because my Mum has always been terrified of getting Alzheimer's or dementia) -She would always say to me :" *if you come and visit me in the care home and I'm drinking weak milky tea- it's not me* !" Because she's never drank a cup of tea in her life, I don't think. She drinks coffee all the time.

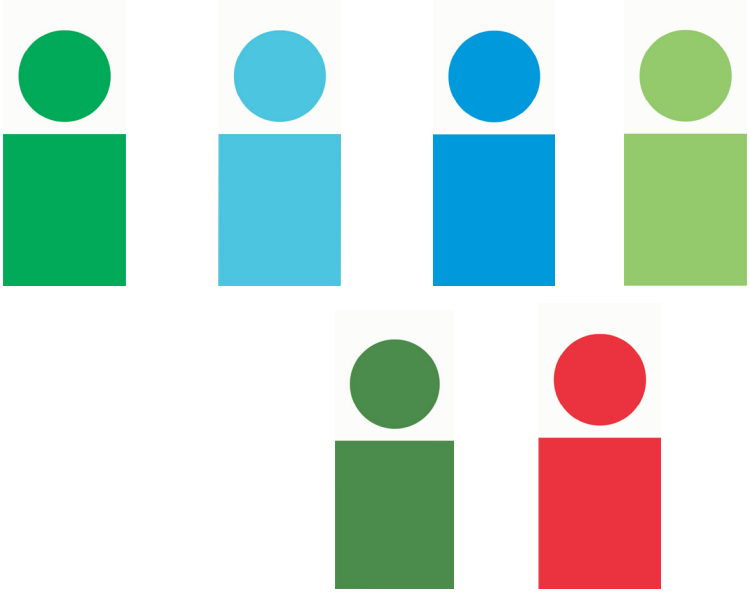


It was funny as I was about to log on, I was thinking about colour, and I was thinking that's so funny - I am wearing today a colour that I would never normally, ever wear.

Without getting into too much detail - (for practical reasons)- I need a tracksuit type thing to get in and out (easily) ..So I have had to get this - my daughter's top, because I didn't have anything with a zip.

I was just thinking that, as you're going to ask about colour and you will see me in this bright red top - which I would never, ever normally be wearing.

Colour



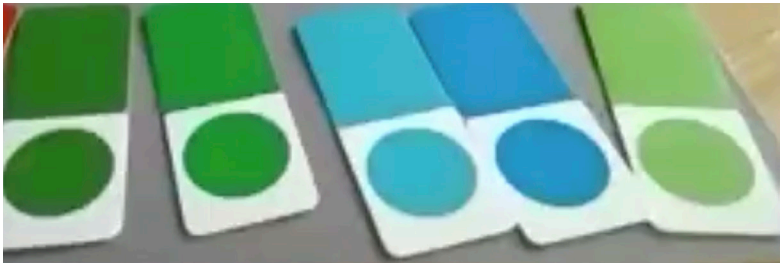
Those are the ones I really like

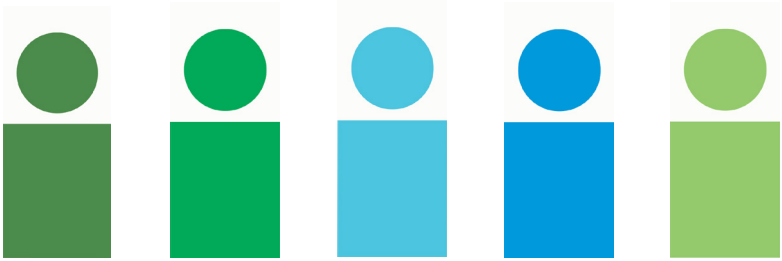
There aren't very many are there? I'm quite surprised by that. It's interesting I put the red there actually because I think last time we met I was wearing red and it's not a colour I would ever wear, but I do like it.

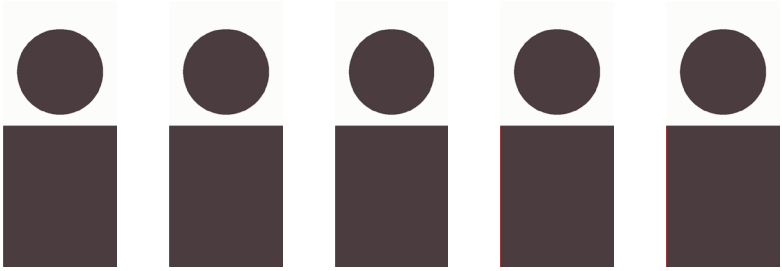
I'm quite a sensory sensitive person.- if that makes sense? I'm sensitive to light and very sensitive to smells. So, in terms of I suppose the colours I've chosen , these to me , are quite peaceful colours. And then obviously the red is kind of – I don't know - a bit of a wild card for want of a better (word).

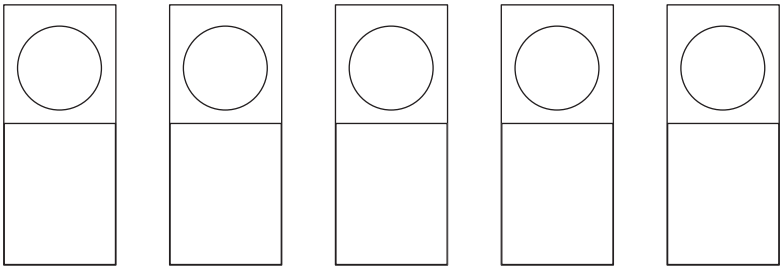
But those (blues and greens) I find quite relaxing - I suppose as soon as I saw the colours I was kind of thinking in terms of environment-colours that I would be happy to be in, as opposed to not, if you know what I mean ? It's quite sort of primal in the sense of they just attract me.

If I was to find myself in a purple room I would be upset actually. Red I would find (I mean because everybody knows red is stressful) I think I'd be quite you know uncomfortable for that reason, but I don't dislike it as a colour. I do like it - I do find it an attractive colour





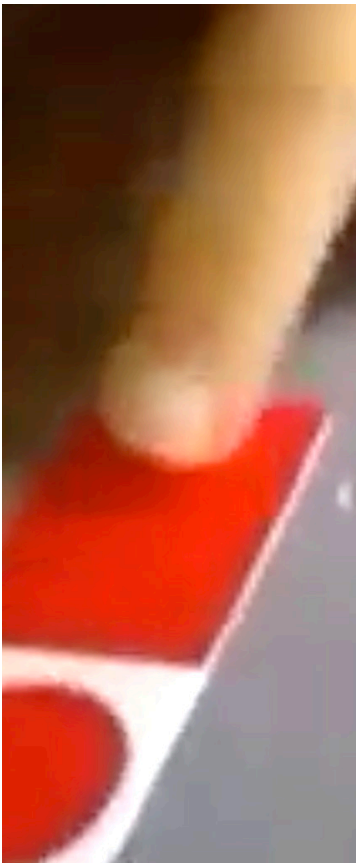


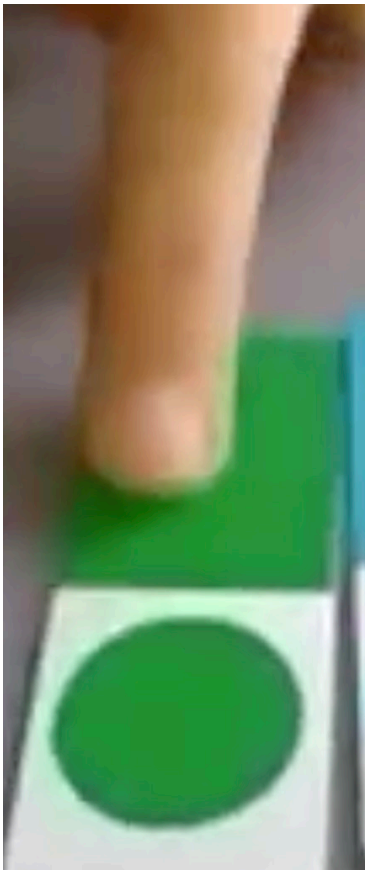


Essentially, as reflected in my choice of colours, (they) are kind of in the blue, green kind of area. - In terms of clothing, I would say, -generally speaking they are in that range: the blue to green and actually black. I mean there are there are other colours in there, but they they are predominantly the ones I would go for.

I think it's fair to say - my palette is is quite small in terms of the colours of the clothing that I choose to wear. - It's quite funny - I'll be teased by my family, my partner and daughter, - but I like it this way because I don't have to think about it.

Apparently, most people have a range of underwear or socks? I have exactly the same, because then I don't have to worry. I don't have to make any decisions in the morning about what colour pants or what colour socks because they're all the same colour and I like it like that, I don't have to (now i'm sounding really autistic but I am not) : There's white pants or black pants frankly - and grey or kind of white socks, if it's more summer. But essentially I don't have to think about it then do I? I just - get a pair of socks. I think that's just me. I dont want to have to think about things I don't have to think about. One shouldn't have to think about pants in the morning you just grab a pair, right?

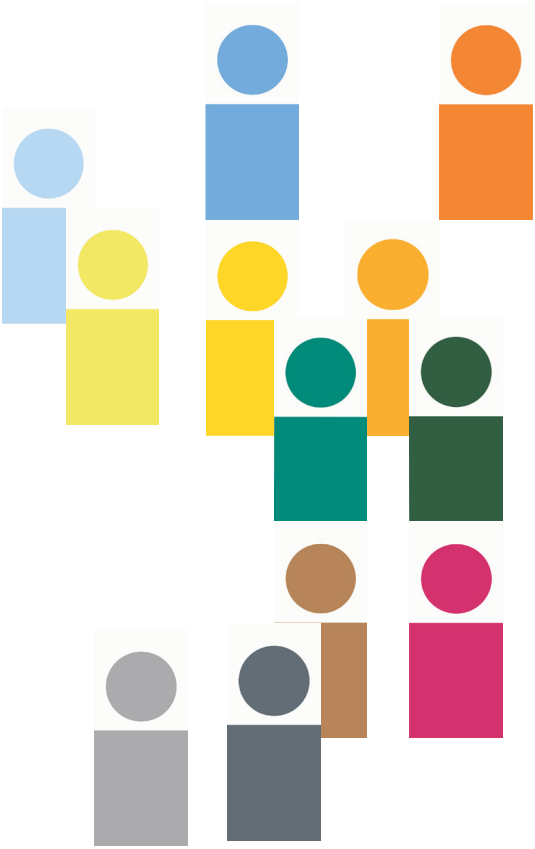




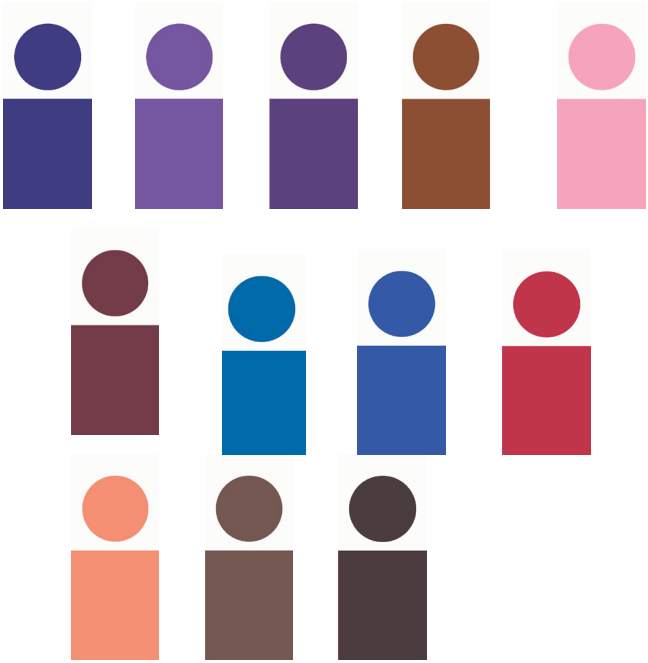
I shared a house with a friend years ago (in fact SH7 also lived with us at one point in this house) and we made a terrible mistake. There was an internal bathroom. (you knowm a sort of student house type thing) and there was an internal bathroom. We made a terrible mistake of painting it this red.

And an equally terrible mistake of painting the sort of lounge area probably this green - like a really bright green. It was terrible, it was a really awful - but you kind of live and learn when you're a kid don't you?

It was just terrible.: I dont know what possessed us! I don't think - when you're 19 or whatever we were I don't think that subtlety was kind of ..



These ones I mean - you know they're absolutely fine (but) I'm not attracted to them, but they're fine.



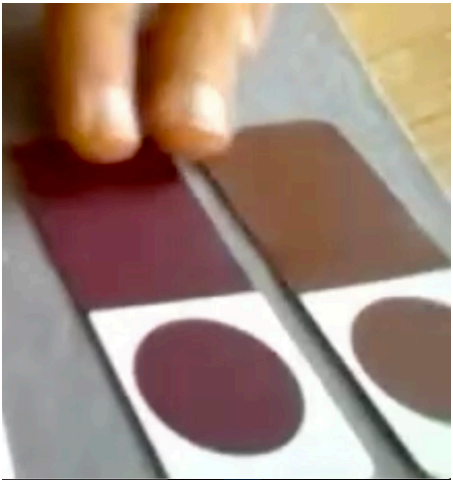
These are the ones I really don't like - really, really dont like

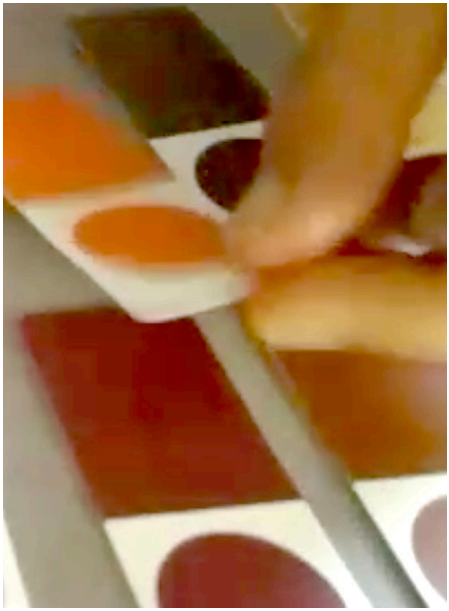
I hate purple – I just really just can't bear it in any form, I don't know why that is. Again it's just kind of primal. My auntie - who I love dearly, she used to love purple. She used to have everything purple: wear purple - house purple. She was quite a sort of eccentric lady. I've always just really disliked purple. If anything I've got very nice associations. With this purple – as I say, I love my auntie dearly. Childhood colour perhaps something of that sort? Maybe it's like strong colours from childhood. They are quite the quite old fashioned colours aren't they?- Quite 70s aren't they? Quite sort of dark.

Don't like that one (brown) at all

The blues

I suppose the blues are just kind of – (I don't hate them, they're just bit boring those dark blues. And a bit kind of Tory or something, kind of middle of the road England or something, that kind of conservativism ..



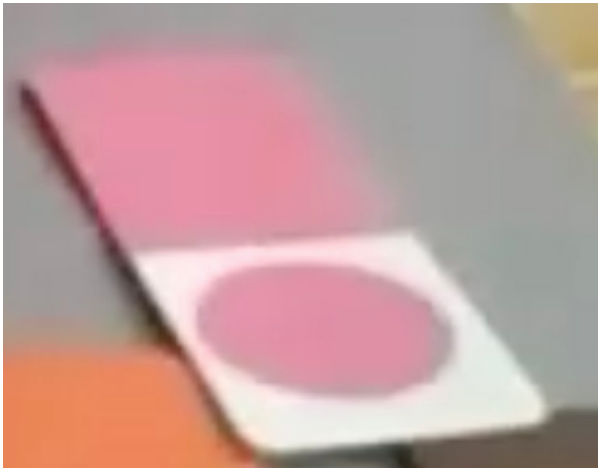


The browns

And then the browns are again just kind of uninspiring and they sort of remind me .. (I loved my grandparents greatly) but they had this kind of typical - when I was growing up - 70s sort of house, were actually things were a combination of those browns and often with this orange?

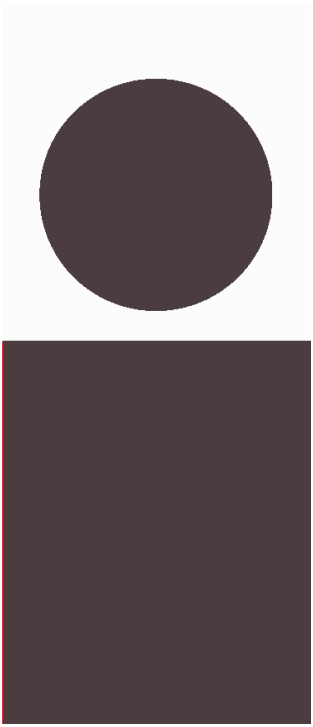
The curtains, the bed sheets, and ...(bless them).

I dont mind that orange now, but the brown is still - I don't know. I just don't like those colours.



These - I just don’t like the hue? -

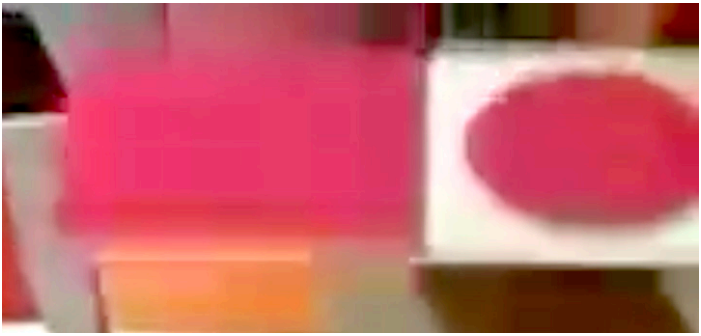
And the pink - I don’t dislike pink generally but that’s a bit… I just don’t like that ..



Black is black

I do wear black, but it's not a colour that one's attracted to necessarily

- but. I do wear quite a bit of black actually.



TREK

This colour - is it called magenta?

I don't mind it, but it's interesting - I am in the process at the moment of having to buy a new bike. I bike everywhere. I have done all my life. I have had my present bike for 20 years and I love her dearly but she is actually literally falling apart. The frame is wearing and it's no longer an option. I have to change her which i'm very upset about.

I'm in the process of trying to find a replacement. I found a perfect replacement in terms of everything that I want or need in a bike, but it comes in this colour and I don't know whether I can have a bike in that colour? I don't hate that colour, but I just really don't think I can have a bike in it. It's like I couldn't have a car in that colour, you know? I mean, it's just - not right? That's too much. It's okay in itself but i'm not sure I can buy a new bike that's that colour. It's a real dilemma for me.

The house is painted white, but the corridor areas are kind of maybe, sort of this kind of green - below the railings where - you need a little bit more protection - up the stairs with all the bikes in the corridor coming in and out and all that.

The house is mostly (my partner and I argue about this but I've won so far) on the white! .. but there's lots of colour in the environment. We have lots of - paintings and rugs - and you know kind of furnishings, if you like, that are colourful. So it's not like a sterile white if you know what I mean.

I'd like to hope - that it's joint , but I think she would probably say that it's more that she gives in, because as I say I'm quite sensory sensitive, and I would actually be quite stressed in an environment that was the wrong colour for me. For that reason, she is kind enough to allow me that. Because I would actually be quite unhappy if I was in a you know, in an environment with a colour that really - didn't suit me.

My brother is autistic and my dad I think probably is too, and I definitely a bit on that some kind of sensory sensitive - kind of have some traits there.

Personal Space

How much does the environment bother you?

I think it would bother me yeah. Because I have - I think, quite specific tastes and likes and dislikes. So I think yeah it would bother everybody. I'm not a sentimental person in the sense of I mean all things are relative aren't they? - I'm sort of comparing myself with my partner but you know: X really kind of wants to hang on to things for sentimental (reasons) and I'm like: " No get rid of it, you know, it's OK." So, I'm not in that way sentimental. Although, of course, - we've lived in this house for 20 years now. So there's a lot of memory attached to being in the home and being with certain items we've bought. We share nice memories attached to things around us. But I'm not, when it comes to sort of de-cluttering - I'm not wanting to hang on to things in that way.

But how my environment looks and feels: absolutely, is important to me. Because in an environment that didn't suit me I am quite fussy in that way, in lots of ways. As we sort of already touched on last time we met, - I just can't tolerate... For example, I can't go somewhere and sit next to somebody who's wearing really strong perfume. I just can't do that. I cannot sit in a room that is a colour... that is - I just can't do that. I'm quite (thought I try not to be) but I just am. So in that way I think I might be more difficult if I was to go into an old folks home because there would be certain environments that would really - upset me.

I think I have - two favourite spaces (in my home)

There's the sort of lounge area. It's kind of open plan. It's sort of a lounge with - dining table at one side kind of arrangement. I live in a Victorian terrace so that's kind of like the biggest room in the house, which is kind of the length of the bottom floor.

The sofa - now we are even more entrenched - sort of becoming like my grandparents where it's like, you know, granddad's chair and grandma's chair! It's kind of a bit - inevitable perhaps. I am not going to say sad! But if I come in and like somebody's sat where I sit. - It's like well, (of course, it's not my chair), but you kind of feel a bit like - but that's where I sit! Brown is not my favourite colour and I wouldn't choose to wear it but its not on the offensive list - but yes my partner's choice - relationships are all about compromise!

I'll tend to leave my glasses by the side of there, or my phone. It's the main sort of area if you're going to watch TV, or if you're going to read, or just even sit and have a chat. That's the kind of area you go to.

I like it because it's comfortable

I like it because - it's calm. Because when you sit (or where I like to sit) on the sofa, I'm facing a blank wall, which I like. There's some really lovely paintings around as well but they're - I can choose to look at them. They're not actually in my face which is important to me. Because my partner and I always have this thing about - she wants something above the mantlepiece, and I hate that . I hate having – I find it too much to have to look at something quite busy in my face, you know, all the time.

So there are nice pictures, but they are other than above the mantlepiece, which is what I like. Or what I find comfortable, I should say, because I find it quite uncomfortable otherwise.

Just kind of a white wall really. It's just comfortable for me. I can relax, I can read, or listen to music or I can choose what I focus on rather than having to – zone out, or not look at something I don't want to? Some of the pictures we have are calm, some of them less so, I guess, but - I would just have a preference for that (white wall).

Because the rest of the room is quite busy - There's bookshelves there's the usual stuff you know, stereo and CDs and you know: things that you have in your house. So - it's just quite nice for me to have that wall that is fairly you know (blank).

There are certain colours that I would really not want. But the lounge - is a colourful place. It's got rugs, it's got wood floors. There's lots of books. There's lots of things going on. It's kind of like a long room with like the lounge at one end, and you know the sort of dining table at the other. So it it's kind of the most lived in room, - for lots of reasons.

And then the bedroom which I like

I find our bedroom quite calm so I can sleep, with just sort of fairly calm straight in front of me. The bedroom is quite a small room. It's at the back of the house which is a quieter place. - We don't live on a busy road. It's a side road but it's still, you know, got people walking up it, or cars, or whatever. So I suppose the bedroom is a quieter place.

I don't think there's a significant sort of difference perhaps in the light maybe. No not really I don't think so. I mean we're fairly sort of in a city in a sense, suburban. So it's fairly dense Victorian terraced housing. So small yards, you know, kind of almost on the pavement at the front, but not quite, but almost. So - I wouldn't say there's that much difference in light really or in kind of anything of that sort.

Having to work from home through the pandemic, I also spend a lot of time in the spare room, the biggest bedroom, which is where I am now, which I really don't like.

But I can tolerate it because my desk faces a white wall, and I can zone out the chaos behind me, which is usually, I don't know, whatever : washing and piles of ironing to be done, and you know the usual sort of, I guess spare bedroom type of stuff.

When I'm not working at the desk I clear it

About 10 years ago - local authorities were all trying to slim down on their office space and also trying to make - structures flatter in terms of the open office. Nobody - even the chief exec, doesn't have his own office. It's all hot desking. We went from having - a designated area that you were given as yours, to hot desking.

Most people found this - really difficult and I had absolutely no problem with it at all. In fact I loved it. The thing about hot desking is , you have - a drawer or whatever and you have to clear the desk. So you come in and the place is clear. You can think (for me). Whereas previously, you know people just: Oh my God - people's desks were just ? - I mean mine was clear, because I like it clear. But my surroundings were you know just like, Oh my God, really ? People put - their sort of like 'mini homes'. They'd have all their nonsense there, but also - photographs and this, and that, and pictures and it was horrid for me. So for me hot desking was you know, fantastic! I loved it! When everyone else was really upset about it!

We both like similar things

We kind of like - secondhand shops and sort of junk shops and it's quite a fluid thing. We both like similar things - but I've sort of got to the stage now where I have to stop X buying things. I have to say : "*We're full! There's no more room for any more stuff now.*" - X likes (I mean she's not extravagant) it's all kind of - charity shops, - but I've got to the stage now where it's like: No! If something comes in something else has to go out because we're just, you know, we're going to be overwhelmed with stuff. It's just too much.

So there's this constant sort of yeah battle between us really in terms of ... X loves a car boot sale and I'm like: that's fine, but just don't buy anything, please, because we've just got too much stuff!

Sometimes you see something beautiful and you want it, but you know it really has got to the stage now where we really, really have to check ourselves and go, you know, do we really? Because where would we put it actually? And less is more because - the risk is we're just not going to see anything.

My other half is a great DIY-er so keeps all manner of - nuts and screws. (that) I try and get rid of (but) there's:" *No, no, you know this will come in handy, I will need this...*" The place is just full of stuff that we're constantly kind of battling over, essentially !