

# Ray's story

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## Q What do you do in your community?

I have been driving through Patchway Minibus Committee (PMC) for about 20 years. My wife initially got me involved when someone else was finishing the role. I started doing the Friday shopping run he used to cover and pensioner's group so Friday is pretty busy with that.

Contact for Patchway Minibus Committee

<https://bit.ly/3tZZINj>



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## Q What makes you carry on being involved?

I enjoy having a bit of a banter with old ladies getting on the bus. They appreciate me helping them pick up and take them home (getting out and about). I pick people up, few in Patchway, Bradley Stoke. Lot of them are immobile. I know some of them are infirmed. Not being able to walk that far. That gives them little bit of independence otherwise they sat in the house all the time. It is pleasing for me to see them being able to help them to get out to go to those meetings and clubs and enjoy themselves. It is not much but I enjoy it's a little bit of giving back to the community offering my free time.

"Helping people out in a small way"

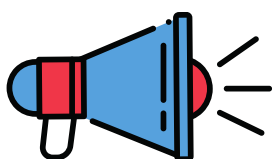
When I saw Jim after the lockdown, first time when the club re-opened. he seemed to have aged by 20 years. His muscle tone had gone, he had lost all his strength in his legs. I couldn't believe how grey his hair is. The only people he sees are his family. I suppose he hasn't done anything during the lockdown. His appearance has dramatically changed.

I drove to pick up Jim in Bradley Stoke last Friday. When I rang the doorbell and heard him coming to the door to see me, he fell against the door and I heard the sound 'boom'. Luckily he had a key in his hand so managed to reach up and open the door from inside. I pushed in a narrow gap and squeezed past him. I made sure he was okay, and advised him to sit for a minute. I made sure his balance was okay with a walking stick. Eventually I pulled him up and drove him to the pensioner's club and asked the group member to keep an eye on him. Jim thanked me a lot even though I hadn't done anything. Good job I was there in one way but I was a cause of it. I don't think he would have been able to get himself up. He is having his daughter coming around to make some tea (dinner) later on in the day, but he didn't want me to tell his daughter that he had a fall and to make her worried and start looking for (care) homes or something.

## Q How do we build more welcoming communities for older people?

I have lived in Patchway for over 40 years. There is a lot of community spirit in people, - gardening, allotment different clubs run by volunteers. With people these days especially in newer community/estate, you don't even speak to your neighbours. In the old days people chatted over the wall everybody knew which street you lived. These days I don't think it happens. People are more singular and stay in the house. I don't think people communicate to neighbours as much as they used to so it cannot build community spirit.

Things like parades and festivals are good opportunities to bring people to mix. It would be nicer if we have more regular events. You see the spirit in people and everybody comes out in Patchway. People fairly live close together and lots of people have lived here for a long time so they know people in the local area.



Patchway Minibus Committee is looking for  
volunteers for number of roles!  
For details contact Ray on 0117 332 7423  
or 904 9908