

He's determined not to give in and we are happy



Devoted couple: Paul and Moira Evans at their home in Morland. Moira is full of praise for the help she has received from Eden Carers

KEVIN MURPHY

PAUL and Moira Evans retired early and chose the Cumbrian countryside as the place to grow old together.

They moved from Merseyside to Morland, near Penrith, 18 years ago and built a new life full of all the things they loved.

But their dream was shattered when Paul, once a senior figure with Ford, suffered a stroke two years ago.

It affected the entire right side of his body and his ability to walk and talk.

Moira found herself going from wife to carer overnight.

She says Paul made the best of it, defying the odds given to him by doctors. More recently he cruelly suffered a second stroke, and things became even harder.

Both now 73, Moira says it is tough for them both.

"He's a very strong-willed person. He was told he'd never walk again but he did. He's determined not to give in and we are happy," she says.



All smiles: Paul and Moira on their wedding day in 1962

"But it's heartbreaking. It's your husband, someone you love and have been married to for 53 years. He was always active and fit."

Knowing he would hate to be looked after by anyone else, Moira wants to look after him and has devoted her life to doing that.

But she says she doesn't know how she would have coped if she hadn't found Eden Carers, who have provided both practical and emotional support.

"We had a really good life. We used to travel a lot. We had a great social life. But now we don't go anywhere. It's very lonely.

"But they make you feel you are not on your own. They help in any way they can."

Moira has some family nearby, but her daughter lives down south and can't visit as much as she's like. She misses her a lot.

But it's not just emotional support Moira has needed. She admits that Paul used to do everything for her - from putting petrol in her car to sorting the finances and paperwork. She suddenly found herself in uncharted territory. Again Eden Carers helped, putting her on a

computer course so she could learn the basics and build some confidence.

They also make sure she is looking after her own health and hold social events for carers to meet others in the same boat.

Moira has also had support from the mental health team, and says the two together have made all the difference to her life.

"What they give to you emotionally, it's like someone putting their arm around you and making you feel safe. I can't praise them enough," she adds.

YOUR VIEWS

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