

And the big thing is that my depression disappeared – totally disappeared. The doctor loved it. She gave me top marks! She said “I’m going to tell the rest of my patients!”

The treadmill sits in the kitchen. In the morning I get the papers for my wife and get her breakfast. Then I do a wee walk. I put on headphones and get some music – it’s absolutely perfect. It’s like you’re in a trance – it’s beautiful! When I come off it I wash myself down and take a spoonful of glucose powder. What a lovely feeling!

**This was really a godsend.
It got rid of my depression totally.
It’s been a way of getting away,
but still being in my own house!**

The Treadmill



When I first heard about the grants I wondered if it might be nice for me to have a wee holiday. I thought about it a lot but then decided it wouldn't be right to go away for a week. My wife is totally disabled after being ill for two years. It's been a slow process but her legs are gone with arthritis. She can stumble about a bit but leaving her for a while wouldn't be good. I didn't want to do that.

Then all of a sudden I took on depression from being a carer. I got really really down. The doctor wanted me to try at first without medication. She said I should try to get out for a walk – a half an hour a day. That worked okay for the first week but then it started to rain and I thought 'Oh no' – I couldn't keep it going.

I was looking through the paper and saw this thing for sale – a treadmill. I thought if I had that in the house then I could walk a whole half an hour every day. I realised there were other things that a grant could be used for – I had thought it was just for holidays.

When I brought the treadmill home I thought it was great. I was supposed to do ten minutes a day at the start to get used to it, but soon I was doing half an hour. That's what I do now. I use it every day. When I began I was doing 5370 steps, and now I'm now up to 7322. It's amazing!

I'm losing weight by burning off all the calories. My blood pressure is down to normal and so is my cholesterol.