

A Message from John

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Big Day Out

Hello All

Today was Men's Shed day-of-the-week. But for me it was my BDO for the week. Care of Peter Hider, I had a medical imaging session at Canberra Hospital, followed by a motorised trek through Coles' Supermarket at Belconnen Mall. The news from the ultra-sound room isn't

so great...there is still some evidence of quite minor clotting in the lower leg (the broken one), but it is lodged in the flesh, not a vein...where Deep Vein Thrombosis is a horror of medical people. Still, it shouldn't be there, so daily doses of blood-thinning aspirin remains the order of the day.

But all that pales away, when you know the story of disability shopping in a supermarket. Belconnen Mall management provides "mobility services" so that wobbly persons such as I can be customers in their local emporium.

I booked a motorised, sit-on 'cart' this morning. In the afternoon, Peter collected it from ground floor, and after giving me a 60sec. driving instruction, I rode - ever so carefully, as Peter will tell you - it into the Mall, and after some runway 'adjustments', did a kind of F1 shopping around Coles. Well, we did arrive at the checkout with a goodly trolley of items. But don't let Peter fool you with stories of picking up he had to do...of tables, chairs, signs, rows of display shelving, produce and products and terrified people! Well, some of it might be true (I can't remember, constable). But let me recommend the no-cost, motorised cart if you are feeling a bit buckled and marginalised, and have a driving need to shop at Belconnen Mall!!

Thanks to Peter for this outing.

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