

Here we are, after all this preparation since March.

I know, I know.

So we have been together this morning already for about an hour haven't we, because we have been going through safety, ethics, boundaries, mutual consent, what chance we will have to review things, really for the research proposal forms, so that we can send it into the institute and get it agreed. But to ensure our safety in this process as well,

I think we have done a really good job of it.

Of course. So, we are happy with what we have done already,

Yes

But I just wanted to make sure that we have verbally contracted and I wonder if you wouldn't mind just confirming to me that you will take anything that comes up for you to therapy,

Yes I will yes.

At any point in the interview you can ask to stop, and that's ok.

Yes

And that afterwards you can review the interview, and if there is any section of it that you want to withdraw or if you want to re-do the interview in its entirety, that that is ok.

Yes

And I just want to check out that we have closed escape hatches

Yes

And that we are both in agreement that we are not going to do each other any harm,

Yes

As part of this research process.

Yes

Great.

Brilliant this is nice.

Fantastic. Because it's really important that we do that first before we even begin.

Yes it is.

Great, ok. And, another point that we thought was really good in terms of keeping each other safe, as we do these interviews, is that we ourselves have chosen what the research topic is,

Yes, yes

And the research topic that you have chosen for me to research as you as a co-researcher, is to explore and understand the reoccurring experience of being lost over our life time.

Yes,

Good. So that's the subject.

That's the subject.

So tell me about that.

Erm, [04] the first time I got lost that I can remember getting lost I was I think about 4. On a beach, on the east coast. Bridlington or Scarborough I don't know which and erm, [03] all I remember about that, I don't remember the actual part of getting lost, [02] but I remember being in the lost children's hut and waiting and I must have been waiting a long time because another family came, and offered to, so my parents didn't turn up basically did they, anyway. So I was waiting, and another family and as I say it must have been a long time because they let this family take me back to their static caravan, which was you know, I think a drive even I don't know, it wasn't just around the corner, and then I was in this caravan, they left their name and everything and I was in this caravan long enough to be, being served chips which tomato sauce which I wasn't allowed and then my parent arrived. But as I tell you now for the first time I thought, where were they. Why didn't they notice that I was missing. Why was I there such a long time before they noticed that their 4 year old little girl wasn't there. That makes me feel really angry. You know. But since then, getting lost, [sighs] if I am in a shop erm, that is say on two levels, I can very easily get disorientated, as to where I am, on that floor or which floor, and I don't panic that much because I am in a shop and I know I am in a shop, and I know which shop I am in, so I don't panic that much but there is a little bit of panic as I am thinking, where am I. Erm, [04] when I was, when I was last at work, it was I used to get lost I have been there for 25 years, but they have built a new building and erm, with stairs at both ends and there were 3 levels, and the ground level was the top level of the new building, and then it went down to another ground level, the level that I was on and there were doors at each end and I couldn't work out each time I went down

there, which door, went which way whether I turned left or turned right. And I couldn't work it out, which it was. And then I would think so the toilet was, the ladies toilet was one end, and so I would think well where is the ladies toilet, but that might not help you see, and there were no, everything looks the same you know what I mean there were classrooms on both sides, there were pale walls and everything and I used to think about well this room that I am going to is on the right, and if I approach it's on the left, and you know what I mean, but going I would always get out but there would always be this, [04] where, where am I. [05] but the most, oh I have had loads, just loads. I have been on all my life, all my life I tell you, all my life. I was on a, going on a trip in a car, my Dad's car to meet my first husband, who was somewhere in Derbyshire, and he showed me the map I think and erm, anyway [6.42] and I thought oh yes, yes, yes, yes, I thought yes, yes, yes hadn't been driving very long but I definitely thought oh that's alright, get there no problem. My mind's eye of which motorways I was going on was completely wrong. [05] and I went the motor way I thought he was talking about, [04] and I ended up erm, oh I got absolutely, absolutely lost I got so, so, so lost. Because once you are on a motorway [02] and I don't know what point I realised it wasn't the right place, I don't know I think I must have been going along what he said, for how many junctions he said, and then I came off and was then and I thought, where am I. Now what he should have done was he should have written it down, he should have said, M1 or whatever it was, or M18, it would be one of those you know, and he should have written it down for me, he should have written it down. But because he didn't you know, he has it all in his head, he didn't write it down for me, so I ended up, he was in Derbyshire, I was going completely the wrong way, erm, and this is my, he wasn't m husband at this point he was my boyfriend, he was a really critical type, and I don't know whether I was an hour or two hours late, it was a long time. Oh I stopped, at a farmhouse, and asked where I was and I said, can you show me on the map, where I am because I have absolutely no idea where I am. And so probably, you know relatively, soon I don't know how long after that, erm, I ended up on the road where Roger was going to be there, the only reason I know that is because he is standing in the middle of the road, looking the wrong way up the road, as I approach him from behind. He wasn't happy.

Quite critical?

Very critical.

Now I want to share with you that I am feeling a bit lost and a bit confused. Can I share why?

Of course you can.

Because what we have talked about we have gone to a lot of different places, already in the 7 minutes that we have been talking.

Yes

We started off when you were 4 years old in a missing children's hut and then going off with this family, and then very quickly we moved on to what it feels like to be in a big shop, in a big department store and what level you are on and where the exit is, and where you are on that particular floor,

Yes, yes

And then we moved on to your school that you worked at for 25 years,

Yes,

And the fact that they built this new building which had 2 different ground levels which was quite confusing.

Yes, yes

And how you would struggle to orient yourself within it,

Yes, yes

And then we started talking about the trip to Derbyshire,

Yes

With your father-in-law to be, or how he had set you off

My father.

Your father.

Set me off with the wrong directions.

Yes,

To go and see boyfriend at the time

Husband to be. So what I would like to do is slow down a little bit, because what rung true for me just then, was when you said I stopped at a farmhouse to ask. And I thought that is what I would like to do in what we are doing here, is to stay can we stop for a minute, and just look at where we have been and where we are going to.

Yes

And what we want to explore.

Yes.

Because I am sensing that I am missing, in your, in these 4 stories, I would really like to hear more about each one of them, and before we go on to any others I would really like to say please can we go back and look at,

Yes

Otherwise I am afraid I might get lost.

Yes, yes, yes absolutely.

Does that make sense?

Yes of course it does yes. Because I can feel it myself, I can feel me sort of like in my head panicking a bit, and you know all the voices and that, oh you are stupid and, you know erm, yes I can feel it, I can feel it as I am tell you them because it's an endless list. Erm, yes.

Yes. So would that be useful?

Yes, of course it would yes. Because getting lost is not something I enjoy doing.

But I am worried about these voices,

Erm, you are worried about these voices?

Yes, that are saying are they speaking at the moment saying you are, what did you say they said? That you are stupid?

Stupid yes. Yes. That, in getting lost is humiliating basically. Yes.

Ok so, shall we look at, which one do you want to go back at so that we can,

Erm,

Really, really, because the purpose of this is really to explore

The past

[11.55] logically your experience of being lost.

Well, I got a more recent example that I remember in a lot more detail.

Ok

And it was very powerful.

Yes, so shall we look at that,

It might be better for you to look at that

And maybe hark back to the other ones if appropriate.

Yes, yes. This will work I think, I know it in great detail because it's only a few years ago.

Great. What do we want to get out of exploring this?

Erm, well I want to understand the processes that I go through that mean that I get lost. Erm, and the steps that I take that [02] or the steps I don't take, to stop it.

Right, ok

And I suspect erm, I stop thinking I just go into panic. Which I suspect is historical.

Yes.

Because it certainly doesn't feel like a grown up.

Right,

So shall I tell you that example?

Yes.

Right, so this is just a few years ago. It's in France. I wasn't expecting to have any problems at all. And we were going into a, an art museum or museum, and erm it was in an old building but like a lot of old buildings it was old outside but inside they had really modernised it do you know what I mean, so it was dead smart and sort of, really smart it was. Erm, and you went through the door, and it seemed clear, you went up these steps, and you went to a room and then it would narrow down to, and there would be another room like that and it seemed so simple. Like that and then you would be going up, di di, di di, di di like that simple, simple, could be I thought, I didn't even think about getting lost. Never occurred to me that I might just not [14.10]. But Neil can't be bothered to look at things properly, just to me just rushes past things, he seems to be and I am interested in what I am looking at. I don't read absolutely everything, but it irritates me the way he just dashes through things and never takes anything in. So, erm, I am looking, at not everything but I am looking and I am reading, just reminds me of the beach actually. Looking and enjoying myself and reading but I have got my eye on where Neil is, which is ahead of me. And this goes on and I have got, yes and I can see him, di di, di di, di di and then we were going up, at some point there were stairs, right now I as far as I was concerned I kept looking and seeing him, and then we must have been, well I didn't know but it was at this point because I hadn't taken much notice of this is sort of so

like me on the beach, I hadn't taken much notice of where I had been, because it was where I was going, that I was thinking about and as long as I could see it's alright. So I didn't know at this point I did not know that we were on the top floor, I didn't know and because I hadn't thought about it, I hadn't thought about I just assumed you go through one door and you come out of another door, you go through something to the other door, and you arrive. So I didn't know at this point, that this was the last floor and that, I, this sounds incredible, I will come to it in a second. So there I am, right, I am on this last floor and I can still see him and he is at the end right, so there is a big arch things do you know what I mean so you can see through, I could see him, I could see him so then I continue with my looking at things, and then I get to this point which is, I didn't realise was an end, I wasn't expecting an end, I am expecting a circle, I don't know what I am expecting but I am not expecting an end. And he is not there. He is not there. And [02] I turn round and I looked, through the arch things, big I couldn't see him. So I am starting to panic, and but I am sort of, I am sort of holding on to it you know what I mean, thinking oh he has got to be up here, I can't possibly lose him here this is ridiculous. So I will have to try to keep calm, so I am going through [02] and I get, and I am looking for him I can't find him and this is the whole of this floor and I get to the end of this floor, and I can't, and now really I am panicking, and there were these 3 people talking, no, no I approached one person first, and said could you tell me where the exit is, she couldn't understand even my French which isn't very good. Erm, [03] so she sort of pointed me to these 3 people who were stood [03] I think she must have redirected me back [02] because I was already starting, I was already starting to feel lost, disorientated just to where I was. And so I think she referred, pointed me I am not sure, I am not sure, pointed me to these 3 people, and I was obviously in a panic, and they must have misinterpreted this, so I said I am looking for the exit because I thought that is going to be where he is, where the exit is, that is what you would think. So they pointed me to an exit and because I was in a panic, and I didn't check there would have been a sign up there like emergency exit or something, there would have been. So they let me through this door, and the door shuts behind me, and now I am out of the modern bit, and I am onto some really old stairs, really old stairs,

So you have not been this way before?

No.

So they had sent you a different way,

They had sent me a different way and it was an outside staircase, big old staircase and I knew there wasn't a single person on it, I knew this wasn't right.

So tell me about your panic levels at that point?

Erm,

You were already panicking.

I was already, I was already very highly, I was, I was at a pitch at the point that I went through the door without seeing and thinking I just went. [06] there was a sense that I had to get out of there, but there was also a sense I had to find him [03] this was a big building and it was in grounds so it was like an old castle or something, it might come back to me where it was but, from the outside it was an old castle, but on the inside it had been modernised into this modern museum thing. So it was a big, big place. A bit like going to Windsor Castle that sort of scale of things, huge grounds, huge, huge grounds. So I was on this staircase and I know, I know this is wrong. And I am panicking I am panicking because I am thinking this can't be right, come to the bottom of the staircase and I am now outside this castle thing, not a human being in sight. [07] so I started thinking and I thought right, I couldn't understand where he was. I couldn't understand where he was, I really couldn't understand where he was. And I started getting angry. [04] so I am panicking but angry as well, both things.

Tell me about the anger.

Well that he has left me.

You are angry with Neil?

Yes. I am angry with Neil because he has left me, he has abandoned me, he hasn't taken care of me is what is going through my mind, and obviously a young child spot erm, and I have not been taken care of, and he is not, you know he has just gone off basically, he has gone off and hasn't bothered to check and my head, he had gone he has exited. So, I am, both panicking and thinking I have got to find the exit, where is the exit that he would have come out of. [06] I couldn't find an exit, I could find the entrance but I couldn't find the exit.

You could find the entrance back into the castle?

But I had no ticket now.

And you couldn't find the way that he would be coming out?

No. So I am can feel my head is going really tight, and [05] [sighs] I just don't know what to do because it's huge, I can't get back in, where the hell is he, where is he? So I ask someone, another French guy outside, an official he was having a fag and he could speak English, I said I am lost. Can't find my husband.

Can I just stop you, you said I am lost with a little smile. Can you tell me what that meant, the smile.

The smile is not erm, a happy smile, it's a, it's er [10] it's a, [05] how pathetic,

Yes

How pathetic a grown woman lost. Erm, and to this

Sounded very self critical.

Yes, and to the extent that, I just couldn't work it out.

So asking for help

So I asked for help yes.

Must have been really difficult because that voice would have been very loud, that self critical voice.

But I had no choice because there was nowhere I looked, you could just see acres and acres of ground, acres and this great big building, and only the door that I had gone in. So, erm, I found this chap [03] and I said you know where is, in English, I didn't try French, please where is the exit. And he took me back to the door that I went in. I said no this is the entrance, he said no this is the exit. So where was he? So in my head now that is the exit he should be outside of the exit. So then erm, I thought, [04] he isn't there, he is not there, now Neil is very reliable, this is the thing. So, I thought he is not there, so he is not there. Where is he? So then the only thing I could think of was that he might still be inside, I haven't got a ticket. So, I don't know whether this French bloke is still with me or whether I went back or, whatever I said I am lost, and erm, my husband I have lost my husband and I need to, I think I need to go back in to find him because he is not here and because I know what Neil is like, [03] he would have stayed there, until I could find him. So, he let me through, and out of sight from the door was Neil, and he was waiting for me, inside the building, at the bottom of the stairs because we went up [03] and then you had to come down, and he knew, he didn't get confused by that floor, like I did, he wasn't confused at all, so he, he seemed to know that you just went round and down, which just didn't make any sense to me.

Back down the stairs you had come up?

Yes. But it didn't make any sense to me that it would be back down the stairs, none. I mean I remember seeing the maps, a) there was a little glimpse of map as we went in, and I didn't look at it, not that it made much sense anyway, but I didn't look at it, and it just didn't, it just didn't occur to me and each of the times that I get lost, it, I never imagine it's going to happen

Because?

I just don't, it just doesn't enter my head that I will get lost so, [04] the rage Suzie, the rage. I was so and he wasn't apologetic, he was but I was here, and you did what you always do, you know you you know, you separate off or whatever it is, you I don't know what he said but basically what I always do, and he was actually quite angry with me, right, he was quite angry with me. Now I was so angry I could hardly

speaking, so I didn't speak to him then I went into the gardens, there wasn't anybody about and then I absolutely let rip. I went, I went you know, I could have hit him,

So can you remember any of that conversation can you remember anything?

Well the rage, it was just rage at erm, that he hadn't, what he, he thought I was stupid.

He said that?

Well, [02] yes it was my fault. It was my fault, erm, because what you know it was obvious, wasn't it you know that it went round and erm, so no he didn't accept blame. [08] and so because he didn't accept any blame I just went berserk. Berserk. [03] Berserk.

And he was angry at you?

He was angry at me, he was really angry at me. Yes.

And you were angry at him.

Yes.

Tell me what happened then.

My anger was bigger than his anger, my anger was scarier than his anger, erm, [03] yes I just, I shouted him down, I didn't accept that I was to blame, erm, and even if I, yes I can see now, [29.12] I can see that I didn't follow the signs, I didn't have any erm, cognitive of where I was, I never you know worked out where I was, I was using Neil as the guide to where I was, because he was just in front of me. And it's when he disappeared because he looped around that it all went wrong, so I can see that there is responsibility, there is always a responsibility in all the cases that I have given you, I can see my own responsibility.

Even when you were 4?

No not when I was 4.

No

Not when I was 4,

For me that's very different,

Yes, no, no, no, no. Not when I was 4, because you do you know if you look back at a beach, because I do remember looking back they all look the same.

How could a 4 year old navigate a busy beach?

No you can't, you can't. Because it's also it's not just length it's depth, and everybody looks the same. So, erm, no.

What you are saying is that you can see in your adult now,

Hmm

That these situations you didn't take responsibility is that what you are saying?

Yes as an adult, I think it has continued to happen because at some point in these [07] so I make a mistake, or I don't take responsibility that there is a sort of a dashing off thing with it, erm there is a being on my own thing, separating off, erm, there is a some sort of really false, really false belief that I actually know where I am when I quite patently, you know if I am not taking any notice, [05] I don't know where I am.

But for me the, the description that you have just given about this big house in France,

It was a castle

This castle, I saw, my experience was that you did take some responsibility because you were continually aware

Yes of where I was

Of where you were in relation to Neil.

Yes,

Until you lost sight of him, so for me there was some responsibility, and there wasn't a desire to separate off, and

The separating off and being on my own was hanging back wasn't it, and looking at those things in much more detail.

Rather than standing completely in close proximity to him?

Yes, rather than being close.

So your process was as long as I am checking,

Yes

Where he is

Yes

And he is still in eyesight,

Yes because I wanted to do it my way.

That explains a lot.

Hmm

So the difference is that you want to separate off and do things your way and look at things in detail

Properly

Or properly the way that you want to,

I don't want to be rushed,

But you were still conscious of your responsibility to keep him within eyesight,

Hmm

But I didn't take any responsibility for erm, orientating myself in the building.

So tell me about that.

Well as we walked in as I said, there were these diagrams, erm, which I took no notice of whatsoever. I saw them but I didn't stop to look at them. So erm, [03] I could have stopped to look at them, I could have orientated myself [03] I could have orientated myself, but I didn't, it was just a child like assumption that it would be a circle of some sort, that there would be an up and a down, that would be different. I mean maybe it was, maybe it was different, I don't know because I never did it did I. I had no idea, all I know is you had to turn round at the top, erm, and at least that first floor it would have been the same, I don't know I have no idea because I never did it. But, I know when I am erm, [02] in the car like when I came here last and I got lost, erm, [04] it's the last bit of the journey actually usually, it's the last part. Everything goes fine, until the last part.

But that was the same in the castle.

Yes. It's the last part. But I suppose that is where you get lost isn't it the last part is erm, [03] yes you know your way to the, I suppose you can see your way to there, and you can't see the last part, I don't know but it's the last part. And, and not paying, [03] suddenly doing something, suddenly you know, sort of like trying to be, [03] instinctive, believing I know, I actually believe I don't think I am going to get lost, anytime that I do it, I don't ever think I am going to get lost, I don't. And it takes me

by surprise and I will have suddenly taken a turn usually in the car, erm that I think I believe, you know what I mean that this is right, looks right, this will be it, you know what I mean, without looking at the signs and stuff. I can't follow an OS map, I would never, ever lead a group of walkers every time I have one of those, you know you get the little cards that have got walks on, I have never made it. I have had to turn round and go back the way that I have started because I get to a point that I think, don't know where I am, you know that's stile that it said is going to be there, isn't there, and then I will turn round and just go back. And now I just don't bother because I know. I know the difference between uphill and downhill, but apart from that, but I do think it's part of not paying attention it's something to do with speed you know it's something to do with, [03] oh I know. I don't even think that, there is just no thinking at the end of it all. At the end there is no thinking. And there is such a lot of like erm, so it's alright on motorways and things but as soon as you come off that, and you get this choice of roads, and you think, [04] and you see one thing that looks right, and you go for it and it's actually the wrong thing. Because you have not paid enough attention to the detail of it. So motorway junctions are, [laughs] you know, and why don't just go round twice, rather than leaping, like I have got to leap onto the motorway. It's just in that last few moments, [04] it goes wrong and I am not expecting it.

Sounds like there is a panic.

Oh yes,

And then what follows the panic is confusion?

Yes

But there is also a need to hurry up,

Yes,

And make a decision.

Yes, there is a real hurry up thing. That somehow I am in a hurry and yet I always give myself time, I arrive early because I allow time to get lost. [04] I always, I don't like rushing, I know I am a rusher, I don't things quickly but I always when it's a journey I give myself time. I don't ever leave it to the last minute. And when I say, I used to have to travel quite a bit erm and I would get there, to the last bit, and then I will get lost. Just the last 5 miles or maybe not even 5 miles, one mile. I could be that close to it and get lost.

I wonder, why.

Why.

Just at the last thing, because that sounds important, because you can get lost at any stage in the process can't you?

Yes.

You can get lost in any stage of the journey, you can get lost right from the beginning. But what you are describing is being lost right near the end every time.

You see I think that the, the thing on the beach, when I was 4, when you think about it, because I don't think I was very supervised. Well I obviously wasn't because they didn't spot that I had gone did they? One I was allowed to go on my own, to the sea, and I know I turned right, yes. Now I think in my little head, I was thinking it's ok because the sea is there, it's a straight line, yes. And so I, I actually do the same thing with Kay but anyway, I think I very happily toddled along like children do, playing not playing but looking and picking things up and that sort of thing, I must have been very happy doing that, and I must, I obviously had not sense of where I was, so I was very happy in that part of the journey wasn't I, on the beach, and this was a moment that came when I thought, and I must have turned to look for them, and not seen them and that is when I panic will have set in then. Just, what was the end of my journey, my you know the point that I thought I will go back or whatever, so in my little head that was the end of my journey and at that point I realise, and that's the panic that I couldn't find them, I couldn't see them and then I got and I then there would have been a lot of confusion which way do I turn, and how far have I gone and

Was there any thought about where are they?

Yes. Absolutely. I mean,

Why, they must have their eye on me, so where are they, are they coming in a minute, shall I stay here?

I was removed, somebody took me, I didn't walk to that place did I, somebody saw me must have seen me, stood looking, and I am looking lost must have been looking lost, so that person I don't know this person, must have taken me by the hand, to the lost children's hut. And once somebody took me by the hand, I sort of felt alright. And in the lost children's hut, [06] I sort of felt alright because there were people there,

Adults?

Yes. And then when they took me to another place, [03] I wasn't scared and when my parents turned up I don't remember being pleased to see them.

Because you were enjoying your time,

I was enjoying

In the static caravan,

Yes

Eating chips,

With ketchup

With ketchup on.

Yes and they were being nice to me.

Something for me in that about being found.

Being found. And I did have this fantasy about you know erm, I would be rescued, that the King and Queen would find me, and erm I would be rescued.

And you were.

And I was. And then they came and got me. Yes.

That sounds really important.

The, they came and got me.

The whole process that as a 4 year old you spontaneously went off to explore down the beach,

Like you would,

A natural thing,

Yes.

You came to the end of that part of the process and looked around and realised that you were lost, there was panic, anxiety, wondering where, wondering where your parents were, you don't remember but you have a sense that grownup came and led you by the hand, so

Must have, I would not myself because I was told not to talk to strangers, and stuff like that, so I would not myself have made those steps.

So you were found.

So I was found. I was rescued.

You were rescued. And then it went on that you got to the missing children's hut and

And they were nice, they were nice to me.

Yes and they took you back to their,

I don't know why the other family were there. Whether they came to pick up another child I don't know, I don't know how they were there, I don't know what happened, but they took me so how long had I been there, for these people to have allowed me to go. How long had I been in that hut?

But you were rescued.

But I was rescued yes.

And you were taken away from the hut, and to

I was fine in the hut though, I remember, as soon as somebody held my hand, as soon as somebody kind to me,

Found you.

I was fine, I was fine. I don't remember any fear about that, and about being taken to this caravan, I don't remember being frightened.

See this is really interesting for me because for me, it was that as a 4 year old, and this particular situation on the beach had a really happy ending, almost like a fairly story.

Yes, yes

It was that this 4 year old wandered off, spontaneously enjoying the beach, and the seaside, and then was found, and then went on to be found by a family that took her back to their static caravan, and sat her down and let her have chips and ketchup and it was a happy ending, at that point.

At that point.

To be found was a happy ending. To be lost, meant that you were found and then you went on to enjoy your afternoon.

Hmm I did yes

And I just wonder in terms

Being the centre of attention.

Yes, being noticed.

Being noticed yes. Being important. You know and now when I think about it, it makes me so angry, so angry that they took so little care.

Are you angry that you had to become lost and so panicked and scared and confused and afraid on that beach in order to be found? In order to be

By other people?

Yes.

I am not angry about that no, because what I am angry about is my parents letting me wonder off, thinking I could just look after myself, they might have delegated my brothers to look after me I don't know, it doesn't matter does it, but I feel very angry and when you know mom describes how she went into a panic, erm, [03] it doesn't make me feel any better because they should never have let a 4 year old wander off like that without keeping an eye on her, and for that long to have got that far away, erm and there must have been another child there, I don't know, but I know I liked it. I liked it.

So in a way the being lost,

Was a happy ending

There was a happy ending to it.

Yes, yes

But there is still an anger,

Yes,

To your parents.

There is now, you know preparing for this and I have been thinking about it, erm, yes, I just think you know as, as I retold it then how much time was that, that was quite a bit of time before they would let me go to another family. They must have thought I would be there all day, so I must have got a lot further than they were expecting. But I had such a nice time. And when I was in the museum I was having such a nice time as well.

Yes. But at the museum, when you were lost there wasn't a happy ending.

No. It was a very angry ending.

Yes. Nobody came and found you and took you for chips and ketchup, you had to ask

I had to ask

Several people,

Yes,

To find Neil and when you found him, he was angry at you.

He was angry

So you didn't have the grownups that you had at the beach, that were understanding and protective and noticed you and made you important and gave you chips and ketchup. So it was really different.

Very different, yes.

Maybe the 4 year old in you wants to be found and noticed and be important?

[sighs]

In this lost process.

I don't know. I think there is the two parts isn't there, there is the exploring and so even when I am driving I am exploring aren't I, and [06] so there is that part of it, and I am enjoying it, and then there is the next part of, is being lost. I mean in the buildings that I get lost in, not counting the school, there is a sort of an exploring element to it, and then I get lost. There is always this feeling of exploring, and of being free and on my own, free. So driving to see Roger, and going completely the wrong way, there was a part of that that was exhilarating because I was free, I was driving and you know and I wasn't thinking about, I knew, I thought I knew where I was going.

But you were enjoying the exploring bit,

I was exploring the bit,

Enjoying the journey.

I was enjoying the journey yes. Until the point I get lost, and just the one time have I been rescued,

When you were 4.

Hmm.

You wanted Neil to rescue you though in the castle.

Yes. But he didn't and erm, in life you know you can't expect people to be rescuing you anyway can you?

I don't know the answer to that.

Well you can't I mean I think there is a part of, as we talk about it, I think there is a part of me that is some sort of adventure I go on. Maybe the sat nav is taking adventure away you know, erm, I don't know but there is some, there is a feeling of excitement, of this sort of [50.41] of getting away. Going off, [05] being on my own, getting away, doing what I want to do, and I have not properly thought it through at the end.

There is something for me that, I want to share with you that is going on, that I want to think about, I want to hear what you think about it. Because when you have been telling me about the different times, the different occasions that you have been lost and what it's been like I have been thinking about Hansel and Gretel.

[laughs] Yes.

And the difference, the difference in that they set off their journeys with their dad and the step mom dropping pebbles, the first instance. And then dropping bits of bread in the second instance which doesn't work. But there is a preparedness, there is a, there is a thought that they will need to get back and therefore wherever they are going they are thinking at the beginning they are thinking how are we going to get back.

That's interesting you should say that because, a lot of my journeys, like I can get to my brothers in Conisbrough, I have got a sat nav now so it's alright but, getting back I can get, I can get there, I always get there, but I tend to get lost getting back, although here I got lost getting here didn't I, [52.31]

But for me it's, there is a difference in my experience of Hansel and Gretel were worried, were worried about getting back home, and for me the experience how you describe yourself as a 4 year old was not one of starting off any journey with any concern or any worry about anything, it was about exploring, enjoying yourself,

Yes, being free

Being free, getting away, going and being you,

Yes.

And that for me is the difference between those two stories. At the beginning of the journey there is no worry, there is no concern, there is no anxiety, it's about going and enjoying the journey,

Yes, yes. And it's very much a child thing isn't it.

Yes,

And yes I still do it, obviously I do, I can feel that excitement of when I am setting off and

And also I was interested in what you said about your sat nav, whether it was a good thing or a bad thing for you. Because does it stop you enjoying your journey?

We'll see. At the moment I have changed the voice from a female to a male, well I got [54.07] to do it, and I chat to him actually, erm, as we are going along, as he sort of tries to send me the wrong way, because I know the local area much better, I sort of chat to him. But I do also trust him, so I can, erm I can still sort of enjoy myself, whilst knowing where I am going but it does interfere a bit to be honest with you because like when I am, because I have got a lovely drive to Doncaster it's such a beautiful route, but then I don't need to put it on do I, in fact I don't put it on because I know where I am going and I am not going to get lost, because I have done it so many times. So I don't have him on, so yes, he would spoil my journey in some ways because he is, er, yes he is always there isn't he, but on foot you see when I am walking the dog, I am doing the same thing, I get away, I get away all the time. All the time but I know where I am going and you know if I am in Macclesfield Forest I, I can orientate myself you know I can get, feel like I am a bit lost, but I can orientate myself and think that's ok and I stay on the main paths and you know and I wouldn't mind doing a cliff walk because the sea is on your left, the lands on your right, and you know, and you just turn round and go back the other way you are not going to get lost are you. You know because you can't, you can't because the sea is there. And I have got the dog anyway so we are having a walk together.

Can you ever get lost when you have got your sat nav even when its switched off?

I have, I have only used it a few times, erm [06] I have, this journey here was much more convoluted than I expected. And that's another thing in my head it's always much simpler, in my memory oh it was simple, that last bit is simple and it wasn't, and what struck me with the sat nav was how I wasn't surprised I got lost, because it isn't simple, if you don't know where you are going, it isn't simple as tall, and even coming off the motorway was not simple at all you know your first left, really is immediate. You can't even see it coming but obviously I saw it on the sat nav, so I knew where it was. And so I could check between the sat nav and the, and think yes, this is it, this is right so that, that is great at those points, it's terrific that it gives me that detail that I need so I don't go scooting off, because I would have, it would have felt too soon, and I might have, and I missed it, and I would have missed it because you couldn't see it coming I would have missed it and I would have gone on the next

one, and then I would have got lost. So, erm the sat nav, erm, [02] might spoil my pleasure, erm, but then you know if I did get lost now, if I did say I didn't have it on, but I have it in the car, then I could just put it in and then re-find myself I don't need to get lost.

You don't need to get lost,

Not with my sat nav no. I don't need to, I don't need to. I can have fun, and not get lost.

So you can have fun and not get lost with your sat nav, and you don't have to have it on.

I don't have to have it on but I can have it on and so I could go yes, say an adventure for me now as a grown up would be in the car, and it would be to go to the east coast because I love the east coast, and erm, and so I wouldn't worry about I think my Dad was saying that the roads in Scarborough, are up, I wouldn't worry about it because I can put my sat nav on and I would be able to get past it. I am great with maps by the way if I am a map reader I am brilliant at it in the car, but now I wouldn't worry about it, I wouldn't worry about it now. So if I do, if the, so I wouldn't necessarily have it on because I think I would know where I was going, but if there were diversions and stuff then I would pull over, and this sat nav, unlike Neil's old sat nav, and even his new one, I can trust this, I can trust this one. You know the pacings of it, I have had it, I have had so I can get used to the pacing of it, where I know where I am basically, and it is very good, I can trust it, whereas Neil's you couldn't always trust Neil's, I don't know what happened with it, erm, but I couldn't trust it, the last time I came here, it took me right through Stockport, virtually I came all over the houses to get here. And I knew I wanted to go on the M60 and I know my way to the M60, so I thought [59.03].

So we have got about 2 or 3 minutes left of our hour. And I am wondering if we could both take a minute to sort of summarise what we think we have been through in this hour.

We have been through a journey dear.

Yes,

It's been a journey.

So tell me about that and how it feels at the end of it.

It's, well it feels good. It does feel good. Erm, there is sort of like a relief that I can have fun and not get lost at the end of it all, it's a wonderful thing to take away. And I understand you know, how I have got lost, and I am just, erm, so happy that sat navs have come along and that I have got one. So that I don't, I can't say I am not going to get lost again, erm because you know I will you know adventures in

buildings and stuff but I will be able to orientate my way out of it, I mean I have never, I have actually been lost in a building but erm, and I have stayed overnight in a building because I got lost in it, but that's a long time ago and I can't imagine now, because I am more aware of it, that on foot, I am not going to make those sort of mistakes whereas I might in the car. On foot, I would know I would know what was going on.

Well I have really connected with your story of the 4 year old on the beach and I have really felt the anger towards your parents, of letting a 4 year old get that lost, for so long.

Yes

But there is also a part of me that is delighted that you were found, by people that saw you and noticed you, and saw you as important enough to give chips and have ketchup to, that the end of that lost story was a happy one, and I was really glad about that. And I also connect with your anger as you were talking about being lost in the castle with Neil. Because Neil was your sat nav for me, in that retelling, and how you described Neil's sat nav when you used it to get here last it's, it's very similar

It didn't work

It didn't work,

Do you remember you couldn't get it, the three of us were trying to get it to work and I thought maybe it was just me and I am stupid, so I gave it to you and to Rowena who is dead technical and you couldn't get it to work,

Yes

That was it then for me, with that sat nav. No I don't trust you anymore.

So I have really enjoyed the experience of your different lost recollections,

Do you know I feel a bit sad as well.

Go on.

Because I feel sad that I was so happy with this other family and that the end of the story was I had to go to my family, and not been seen and not be heard, and [02] I found that sad.

And not have chips and ketchup.

And certainly not have chips and ketchup. Ketchup was not allowed. So yes there is a sadness to that, you know that I wasn't valued explicitly it would be unspoken.

So, just to finish this off, and ensure safety, you I would encourage you to take that sadness to therapy, and talk about how you can get the same experience of being found and having chips and ketchup.

In a way though you know, I feel as though by going to Chiltern (?) and now you know I am not prevaricating anymore about whether I will or I won't, stay or whatever I do feel at home, I feel so at home and I do feel found in Chiltern.

So the experience of being there, is similar

I have been found yes.

Is about being found and having chips and ketchup,

Yes,

And being noticed.

Yes

And being important.

Yes that's why I am found.

That's a lovely place to finish.

Yes,

Thank you so much.

You are welcome.