



Profile

Name: George

Age: 62

Lives: Norwood, on his own

What is important to me?

I used to be really keen on keeping fit. That was before I retired last year. I was a Postman and I cycled everywhere – I loved it. Not a lot of reason to get on the bike now, although I do miss it. I always used to meet my mates after work for a quick half and a chat before we went home. I still meet them to keep in touch but I tend to stay in the pub after they've gone – it's lonely going home to an empty flat.

What's working well in my life?

Not much.

Key people in my life

All my old mates from the post-office. Abdul – we grew up together - but I haven't seen him for a while

What does staying well mean to me?

I need to get fit again. I want to enjoy my retirement and I'm not at the moment

What I'm good at (my assets)?

I was a postman in Norwood for all my working life, so I know the area pretty well.

What I'd like to change

I know that things are getting out of hand. The police picked me up a couple of weeks ago in Norwood Park after the pubs were closed – apparently I was abusive but I don't remember anything about it. They gave me a caution so I thought it was time I went to see my GP. He told me to go and see the nurse to 'talk about my drinking', but I'm not doing that – she lives on my old round and I don't want her thinking badly of me.

What other people think or say about Lloyd

George's friend Abdul lives in Croydon and has known him since they were kids – he is George's only friend outside the post-office. He's been telling George for months that his drinking is a problem but he's given up trying and they haven't seen each other for some time now. George's GP is concerned that he has a problem with alcohol and made him an appointment with the Practice Nurse, but George didn't show up.