

Table 1: Betty's everyday activities, summary by sampled year (row %)

Year	Work	Shop	Med	Visit	Class	Social	Church	Enter	Bake	House	Dec	Gard	Sew	TV	Other	N
1945	2.4	8.1	0.5	17.7	1.0	12.0	0.0	3.3	4.3	29.7	2.9	0.0	12.9	0.0	5.3	209
1950	7.3	2.1	0.5	10.9	1.0	9.8	0.5	7.3	6.2	32.6	2.1	0.5	14.0	0.0	5.2	193
1955	36.6	0.0	0.0	19.7	2.7	4.4	1.6	1.1	0.5	13.1	0.0	1.1	14.2	0.0	4.9	183
1960	26.9	6.9	1.4	12.0	6.0	4.2	4.6	0.5	1.9	9.7	1.9	0.0	17.6	0.0	6.5	216
1965	27.7	7.0	1.9	11.3	2.8	7.5	6.1	0.9	1.4	7.5	0.9	0.0	20.2	0.0	4.7	213
1970	23.5	7.5	0.0	16.9	0.0	6.1	7.0	0.0	4.7	18.3	5.2	0.9	7.5	0.0	2.3	213
1975	30.0	3.0	1.0	7.5	0.0	3.5	1.5	0.0	5.0	24.5	5.5	3.5	10.5	0.0	4.5	200
1980	22.1	6.7	0.8	8.8	0.0	14.2	5.8	0.8	4.6	15.0	0.0	6.3	10.4	0.0	4.6	240
1985	21.5	6.2	0.4	10.6	0.4	11.3	5.8	3.3	3.6	17.5	0.0	3.3	10.2	1.1	4.7	274
1990	0.0	12.9	0.3	19.9	1.6	12.9	5.0	3.2	3.5	13.6	0.0	3.8	18.0	0.0	5.4	317
1995	0.0	8.6	1.0	20.2	2.1	13.0	5.8	6.5	4.5	15.1	0.0	1.0	16.4	0.0	5.8	292
2000	0.0	17.3	1.3	16.0	0.0	14.5	7.2	2.5	3.5	13.8	0.3	2.2	17.3	0.0	4.1	318
2005	0.0	11.7	1.1	4.5	0.0	14.0	9.8	3.0	1.9	18.9	1.5	2.3	26.0	0.0	5.3	265
2010	0.0	7.2	1.8	2.3	0.0	8.6	10.0	3.2	0.9	19.9	0.0	2.3	35.3	4.1	4.5	221
2015	0.0	5.1	24.1	0.0	0.0	4.6	0.0	0.0	0.0	19.0	0.0	0.0	33.3	11.8	2.1	195
N %	12.0	8.0	2.1	12.3	1.1	9.9	5.0	2.5	3.2	17.5	1.2	1.9	17.6	1.0	4.7	3549
N	425	284	76	435	40	352	179	89	112	620	43	69	623	35	169	3549

Key to column headings:

Work: Any paid employment plus farm labour when living on family farm

Shop: Any form of shopping

Med: Any interaction with medical or health care outside the home

Visit: Visits to friends and relatives

Class: Taught classes, mostly needlework, embroidery etc.

Social: Any social activities (dances, parties, meetings etc)

Church: Any church services attended

Enter: Entertainments such as cinema, theatre and eating out with friends

Bake: Baking and cooking other than routine meal preparation

House: Any other form of housework (cleaning, washing, ironing etc)

Dec: Decorating

Gard: Gardening

Sew: Sewing, embroidery and all forms of needlecraft

TV: Watching TV

Other: Other activities including overnight stays with friends or relatives, going for a walk (with no other purpose), going for a car ride with no other purpose, organized day excursion by coach, holidays organized by a tour company, reading, letter writing.

Separate headings are provided for any activity that accounted for at least five per cent of activity in any year.

Source: Diaries of Betty, 1942-2018.

Table 2: Betty everyday activities by life stages

Life stage	Years	Work	Shop	Med	Visit	Class	Social	Church	Enter	Bake	House	Dec	Gard	Sew	TV	Other	N
1. N %	1945/1950	19 4.7	21 5.2	2 0.5	58 14.4	4 1.0	44 10.9	1 0.3	21 5.2	21 5.2	125 31.1	10 2.5	1 0.3	54 13.4	0 0.0	21 5.2	402 100.0
2. N %	1955/1960/1965	184 30.1	30 4.9	7 1.1	86 14.1	24 3.9	33 5.4	24 3.9	5 0.8	8 1.3	61 10.0	6 1.0	2 0.3	107 17.5	0 0.0	35 5.7	612
3. N %	1970	50 23.5	16 7.5	0 0.0	36 16.9	0 0.0	13 6.1	15 7.0	0 0.0	10 4.7	39 18.3	11 5.2	2 0.9	16 7.5	0 0.0	5 2.3	213
4. N %	1975	60 30.0	6 3.0	2 1.0	15 7.5	0 0.0	7 3.5	3 1.5	0 0.0	10 5.0	49 24.5	11 5.5	7 3.5	21 10.5	0 0.0	9 4.5	200
5. N %	1980/1985	112 21.8	33 6.4	3 0.6	50 9.7	1 0.2	65 12.7	30 5.8	11 2.1	21 4.1	84 16.3	0 0.0	24 4.7	53 10.3	3 0.6	24 4.7	514
6. N %	1990/1995/2000/2005/2010	0 0.0	168 11.9	15 1.1	190 13.5	11 0.8	181 12.8	104 7.4	52 3.7	42 3.0	225 15.9	5 0.4	33 2.3	307 21.7	9 0.6	71 5.0	1413
7. N %	2015	0 0.0	10 5.1	47 24.1	0 0.0	0 0.0	9 4.6	0 0.0	0 0.0	0 0.0	37 19.0	0 0.0	0 0.0	65 33.3	23 11.8	4 2.1	195
N %	Total	425 12.0	284 8.0	76 2.1	435 12.3	40 1.1	352 9.9	179 5.0	89 2.5	112 3.2	620 17.5	43 1.2	69 1.9	623 17.6	35 1.0	169 4.7	3549 100.0

Life stages:

- 1: Living and working on family farm
- 2: Living with both parents in Catterall and working locally.
- 3: Living in Catterall with father after mother died, working locally but had short period of unemployment.
- 4: Living in Catterall, working and caring for increasingly ill father
- 5: Living alone in Catterall and working locally but with one month of unemployment.
- 6: Living alone in Catterall after retirement, but with declining health towards end of this period.
- 7: Living alone in Catterall but increasingly immobile and dependent on day care.

Column headings as in table 1. Source: Diaries of Betty, 1942-2018.

Table 3: Betty everyday activities, summary by month (row %)

Month	Work	Shop	Med	Visit	Class	Social	Church	Enter	Bake	House	Dec	Gard	Sew	TV	Other	N
Jan	13.8	9.4	1.8	11.6	0.4	7.3	3.6	0.7	1.8	18.8	0.0	0.0	24.3	1.1	6,2	276
Feb	13.0	6.0	1.1	12.3	2.1	10.9	4.6	3.2	1.8	18.7	0.0	0.4	16.5	1.1	8.8	284
March	12.7	9.6	1.7	11.6	2.4	11.3	6.8	2.4	2.1	16.1	1.7	0.7	16.4	1.4	3.1	292
April	10.4	6.8	2.9	12.5	1.1	11.1	7.1	2.9	3.9	20.0	2.9	1.4	12.9	1.1	3.2	280
May	11.5	7.6	2.6	15.1	0.7	11.2	4.9	1.3	3.0	17.4	3.9	2.6	14.5	0.3	3.3	304
June	9.3	8.3	2.6	13.4	0.0	10.5	4.2	1.3	5.1	17.9	2.6	4.8	14.7	0.6	4.8	313
July	12.3	9.2	2.0	10.2	0.0	8.5	5.8	1.7	4.8	16.4	1.4	4.1	17.7	1.0	4.8	293
August	12.9	7.9	2.3	15.2	0.0	8.3	4.3	2.3	3.3	14.2	1.3	3.3	15.9	1.0	7.6	302
Sept	12.6	8.6	2.3	9.6	0.0	10.3	5.6	2.3	2.3	17.3	0.3	2.3	18.3	1.3	6.6	301
Oct	11.6	8.1	1.6	13.9	1.9	11.0	5.5	2.9	3.5	17.4	0.0	1.0	18.4	0.6	2.6	310
Nov	12.2	6.9	2.6	9.5	2.6	10.2	4.3	3.3	3.3	18.4	0.0	2.0	20.7	1.3	2.6	304
Dec	12.1	7.6	2.1	11.7	2.4	8.3	3.8	5.9	2.8	17.2	0.3	0.3	20.7	1.0	3.8	290
N %	12.0	8.0	2.1	12.3	1.1	9.9	5.0	2.5	3.2	17.5	1.2	1.9	17.6	1.0	4.7	3549
N	425	284	76	435	40	352	179	89	112	620	43	69	623	35	169	3549

Column headings as in table 1. Source: Diaries of Betty, 1942-2018.

Table 4: Betty everyday activities, summary by day (row %)

Day	Work	Shop	Med	Visit	Class	Social	Church	Enter	Bake	House	Dec	Gard	Sew	TV	Other	Tot
Mon	14.6	8.1	3.7	10.8	3.1	10.4	0.8	2.1	2.9	17.9	1.4	2.3	17.1	0.2	4.8	520
Tues	16.4	8.0	1.0	9.6	0.6	19.8	0.6	1.4	2.6	16.0	1.8	2.8	20.2	0.0	4.8	500
Wed	16.3	5.3	3.5	11.2	0.0	19.5	6.9	2.0	3.7	11.2	1.8	1.0	13.2	0.0	4.5	509
Thur	16.8	8.4	1.6	9.2	3.4	9.6	0.8	3.0	4.6	17.6	1.2	2.2	17.2	0.0	2.8	500
Fri	15.8	11.0	3.3	10.8	0.4	5.0	1.2	2.1	2.1	27.0	1.0	1.0	16.4	0.2	2.7	518
Sat	2.3	13.0	0.9	14.5	0.4	6.4	0.8	4.7	5.1	22.6	0.9	2.6	17.9	4.1	3.9	532
Sun	1.3	1.5	0.9	20.2	0.0	4.3	26.2	2.1	0.9	8.9	0.4	1.7	21.3	2.3	8.1	470
N %	12.0	8.0	2.1	12.3	1.1	9.9	5.0	2.5	3.2	17.5	1.2	1.9	17.6	1.0	4.7	3549
N	425	284	76	435	40	352	179	89	112	620	43	69	623	35	169	3549

Column headings as in table 1. Source: Diaries of Betty, 1942-2018.