

**What is important to me.**

* **supporting the Scarlet’s rugby team and going to matches**
* **going to day centre to see my friends and take part in activities.**
* **my holidays and daytrips to the places I like.**
* **listening to music and enjoying a good music session with my drums.**
* **Watching Rugby football and cricket.**
* **My sensory equipment.**
* **‘Dechrau Canu, Dechrau Canmol’ on the TV**
* **Going out for a drive in my car**
* **Staying in contact with my family and friends and spending time with them.**
* **Going for walks to my favourite places**
* **Sticking to my regular routine.**
* **Putting flowers on my mother’s grave on special occasions**
* **Getting the Carmarthen journal every Wednesday.**
* **My appearance**
* **Meeting new people**
* **Cooking meals and going to restaurants.**
* **Learning new things**
* **Being involved in all decisions regarding myself**
* **Having a choice**

**What people say about the people we support:**

* **I have a good sense of humour and like a good laugh.**
* **I love music.**
* **I have a smile that lights up the room.**
* **I love all sport.**
* **I am at every Scarlets match.**
* **I make the best tea and coffee.**
* **I am very caring and like to look after people.**
* **I am always willing to help out.**
* **Sometimes I like to try new activities**

Kidwelly

The service is based in a four bedroom bungalow about half a mile from the town centre and is 24 hour supported living. Our staff team support us with needs such as life skills, medication, communication, epilepsy, first aid, intimate personal care and manual handling, including using a hoist and a wheelchair.