

One Page Profile

How best to support me

- *I like to be spoken to whilst you are supporting me.*
- *I would also like my dignity and privacy to be respected.*
- *I would like for you to ask me questions not assume I want a certain task done.*
- *Always read my support plans and risk assessments so you know you are supporting me in the correct way.*

Witham

In Witham we have 1 service that is residential and 6 services that are supported living.

What is important to me

Residential;

- *It is important to me that I see my family as much as possible.*
- *It is important to me that we get out and do my activities each week.*

Supported living;

- *It is important to me that I enjoy my one to one time with my support workers.*
- *It is important to me that I can get out and do my weekly activities, this is a good social skill for me.*
- *It is important to me to see my friends and family on a regular basis.*

What others like and admire about me

- *Others think we are inspirational as we achieve so much no matter what we have to face.*
- *We have high spirits and try not to be negative.*
- *Others think we have big, funny and caring characters.*
- *We all support each other if were done or we need a shoulder to lean on.*

Hobbies/Interests

Bowling
Cinema
Swimming
Knitting
Arts and Crafts
Singing
Music
Football

Favourite Colour(s)

Blue, pink, purple

Favourite Food(s)

Fish & Chips
Chinese
Spaghetti Bolognaise
Liver & Bacon
McDonalds

Dreams/Aspirations

To go on holiday
To make a cup of tea for myself
To write my name
To make a sandwich by myself
Get a job

Favourite Film(s)/TV Programme(s)

EastEnders
Emmerdale
Corrie
Fast and the Furious
Mamma Mia
Walking on Sunshine

Favourite Place(s)

The Beach
The Garden
Maldon Prom
Heybridge Basin

Favourite Music/song(s)

Abba
Grease songs
1960's
Elvis
Pop Music