

# One page profile

## *What people appreciate about me...*

Chatty and friendly

Good cook

Knowledgeable about healthy eating

A lovely sister

Great memory and always organised

## *What's important to me...*

My sister Laura and having tea together every Wednesday evening at each other's house and taking turns to cook for each other. I like to plan what to cook and make sure I have all the ingredients when I go shopping on Wednesday morning

Volunteering at Town Library on a Tuesday afternoon every week

Seeing my friends Sharon and Dawn every week, we like to go shopping or have lunch together usually on a weekend

Chatting with my neighbours and being part of the Neighbourhood WhatsApp group

Collecting items for the foodbank from my neighbours and helping at the foodbank on a Thursday morning

I enjoy reading particularly romance and cookery books and celebrity magazines, I like to swap books and recipes with my neighbours

Going to the cinema once a month usually on a Friday evening with Lisa, we like most movies apart from horror films

I enjoy sketching and join an online class 11am every Monday

## *How best to support me...*

I like to be organised and enjoy having a routine. I can get flustered if things change and prefer to know in advance of any changes if possible, rather than at the last minute. Spend some time with me and help me plan something else

I enjoy cooking and like trying new things, apart from anything very spicy, share your recipes with me

I like to have a list of things to do, writing a list of things that need doing at the library and the foodbank is really helpful

I'm feeling more confident doing things online but sometimes need some support to connect on a Zoom call, please show me, rather than doing it for me when you help me connect and I can keep building my skills and confidence

