



What people who know me like and admire about me

My commitment to my family and friends.
Being calm and patient at all times.
Good at organising and getting things done.
Being cheerful, with a community spirit, taking part and getting involved in events.
Being helpful and kind; a good neighbour.
Having the tenacity to keep training all weather and taking on new challenges.

What is important to me

Having quality time with my family and friends.
My home life.
Being healthy.
Travelling and discovering new places and meeting new people.
The environment, particularly protecting the countryside.
People being honest and trustworthy.
Everyone being treated equally and fairly.

What is important for me

Making my own decisions.
Being treated fairly and being listened to.
Being able to get out and about.
Eating and drinking well.
To have challenges, including taking part in organised worldwide running events.
To be able to use my skills, expertise and experience.
Learning new things.
Music and film.

How I like to be supported

Encouragement and honesty.
Given time and space to spend time with my family, friends and prepare for my next challenge.
To have a balanced diet and keep hydrated.
To be out and about most days, having something to do every day.
A good discussion.