



***What people who know me like and admire about me***

I'm passionate about people and want to know more about them and what their lives are like

I don't panic in an emergency – it could always be worse!

Even if I'm having a rough time, I don't get angry or impatient with other people

My friends value my honesty

I accept people as they are

I can be serious but also have a sense of mischievous fun!

***What is important to me***

People around me to be healthy and happy. I want all people to be treated equally and I need to know that people around me are happy

That animals are treated well and kindly

My independence - I want to make my own decisions

Having a fulfilling job and also having the time to relax

I want to be able to use my skills so that I can try my hardest to leave things at least a bit better off than when I found them

***What is important for me***

Enough sleep and staying healthy

Making time to laugh with friends

Reading the papers and being able to spend time knitting

I love to cook so having new recipes to try is essential

I need to have time on my own sometimes so I can do my own thing

***How I like to be supported***

I don't need to have people around me all the time. But I do know friends and family are there if I need them, even if I just want to moan!

I want people to be honest with me when I ask for help

It always cheers me up when friends send me funny animal videos

Sometimes I just need someone to make a cup of tea