



What people who know me like and admire about me

*I care very much about my family
I am loyal
I am kind
I am proud of my roots in the east end of London
I am curious and enjoy exploring ideas and learning
I am honest and try my best to do the right thing
I have a good sense of fun
I do not take myself too seriously
I try to help others when I am able to
I try not to make judgements about others
I am passionate about social justice*

What is important to me

*My family are healthy, safe and getting on with their lives
Having friends who I can talk to about anything and have fun with
I am healthy both physically and mentally
I have enough physical and emotional energy to support others
Being a good citizen and member of the community
Learning new skills and acquiring knowledge
Visiting new places and experiencing new things
Knowing that I have people who love and care about me*

What is important for me

*Time on my own to reflect on things
Keeping physically active
Being with my dog, Dudley
Having the understanding and support of others when I have periods of feeling low
Listening to music
Being with my family and friends
My soccer team (Dagenham & Redbridge FC) playing well*

How I like to be supported

*I like to be treated with patience, respect and kindness
I want others to be tactful, honest and straightforward with me
With understanding that regrettably I will make mistakes, say the wrong thing or behave badly
A hug sometimes helps but ask me first*