

All About Me

What makes me happy?

- When Norwich City wins!
- My rescue chickens on my allotment
- Reading and playing board games
- Baking
- Being in my canoe!
- Gardening
- Being in a theatre
- Being an Occupational Therapist 😊

What people like about me?

- I am kind
- I am a good listener
- I like to smile

What do I like to do in our sessions?

I like to hear about what you enjoy doing and share games with you.

I like to set meaningful goals and work with you to meet them.

I love to create obstacle courses and new challenges
I like to focus on building confidence and self-esteem

How you can help me in your sessions?

- Tell me what you enjoy doing in sessions
- Wear loose clothing and no jewellery
- Tell me when you need a new challenge 😊