

## Beth's one page profile



### Our sessions:

### What makes me happy

- Dogs
- Swimming
- Walking
- People being kind to each other
- Music
- Baking
- Films
- Art and crafts
- Travelling
- Meeting new people

I am...  
-Friendly  
-Caring  
-smiley

### How I like to be supported

- Tell me what you enjoy and feel comfortable doing in sessions
- Tell me your dislikes in sessions
- Tell me how you are feeling

