

## **Important to me:**

- **That people are honest with me.**
- **To have the Trust from my family and the people with whom I work.**
- **To be with my family (& cat)**
- **Giving me time to think.**
- **Holidays.**
- **Contact with service users, preferably direct contact but will settle for discussions and involvement through meetings**
- **To be able to access my work e-mails.**
- **Get my hair cut out least once a month.**
- **Go to the gym at least 3 x's a week**
- **Have an alarm call to wake me for work.**



## **Support I need:**

- **I like people to be straight with me ; call a “spade a spade.”**
- **When I request it give me time on my own.**
- **During a working day to have some time with others.**
- **Be with like-minded people - *person centred, loyal, hardworking.***
- **Feedback from those I work with.**
- **If you want something and I immediately disagree with you don't push me it's often better to leave me to think about what you have said as you may then get what you want**
- **Do not take the credit for others work, it will irritate me no end.**
- **I will leave going to meetings until the last minute remind me to leave early in order to get there on time.**
- **Reminded not to only think with my heart but also my head.**

## **I am:**

**Supportive.**

**Loyal.**

**A husband & father.**

**Hardworking.**

**Person Centred.**

**Approachable.**

