



So Today was a very eventful day! My support worker took me to do my shopping at Asda, which was a big help as I really hate shopping. It was very handy using my autism card so we didn't have to que, that made it a lot less stressful. Once we did the shopping we went for a walk around the park, which was nice as it was lovely and sunny we then got to video call another support worker from RfA who I havnt seen in a really long time - this made me really happy! Just being able to talk to her, as I didn't think I'd get a chance to again, as she doesn't work at my group, that was such a lovely surprise. After this we enjoyed making a funny video, throwing bread around, which failed a bit as we had to pick up all the bread in the carpark!

The ending was not so fun, as when we were leaving, my car didn't start. My support worker was amazing, helping me to stay calm. I would not have managed so well without her there! She did all the phone calls to the garages for me and made sure I got home safe after my car got towed away! I am so thankful for her staying with me, as it made such a difference but also she reminded me to breathe and that it was all going to be fine! I'm looking forward to next week when we look at breakdown cover, which I really need!

Theres a crazy day in my life during lockdown!!!!

