



Today, I had a really nice morning with my support worker, the weather helped with it! We had to start it off with my worst part, that I dreaded (the shopping), unfortunately it is her favourite part!

After I persuaded her that that part was finished we went for a nice walk to the park and had to then do another thing that I wasn't too keen on – breakdown cover (Boring!!) But I feel very relieved now that it is done, so quite glad she made me do it!

Then to end the session, I surprised my support worker with her own birthday party! I made sure I brought cake that I liked, so it wasn't all about her! I made her an awesome frame to remind her to allow me to do whatever I wish - and not to drop her coffee too! (Currently hoping she makes sure I have a good birthday too. I keep reminding her I am her favourite deep down!)

I'm so glad I have this to look forward to every week, as it has helped me to stay in a positive mood; having something to look forward to, but also someone I am used to talking to in my usual routine!

Next week I'm bringing my smurf Uno cards, I have never taken them to my group, not a fan of losing things or sharing if I'm honest!



I also had to listen to some random information about trees

We attempted to understand what identity was, this was a challenge!!!