

Last session of the summer!

So, last month I've struggled quite a lot, I think all the changes in my routine just got to me. I don't usually like asking for help, so I waited until I could no longer handle it and made choices all my own as I thought it would be best, which it actually was not! RfA have been amazing throughout and putting in extra support when I needed it most! As my key worker was off for a month I got given my 2nd favourite key worker for the summer. It was so nice seeing her again and having someone just to talk to!

For our last session she surprised me with a trip to Bosworth Water Park. It was a big deal for me, managing not knowing where we were going, but I'm glad I did it. I loved getting soaked in the water and going on the peddle boats even though we nearly got stuck! I loved the deep pressure from the life jacket so the man let me keep it all day, which was nice. Usually, I find it really hard at the end of the day when I have to leave, but C gave me a lot of preparation by reminding me the time that we were going! I went back in the water at the end of the day and played catch with two boys that had a football, which was the first time ive ever joined in a game with people I didn't know, so I was proud of myself! I really did enjoy my day at a pretend beach and I will remember it as my favourite day of the summer!

