



empowering people
with learning disabilities

Wellbeing

My name is Jill and I'm going to talk to you about wellbeing, I have been supported by Aurora since 2015

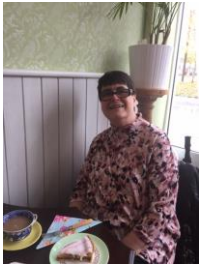


I didn't know what wellbeing meant when Gail asked me.
I do now, Its about being healthy, happy and comfortable



We are going to talk about my 9 ways to wellbeing and how my support staff are helping me

1. Doing things with others



I spend time with my housemate Hilary (I call her aunty), we share housework and sometimes go out together; we go to the local pub 'The Great Harry', go shopping, go to restaurants and cafes. I am going to ask her to go bowling with me.



I often see my sister in-law Alison, we go out to cafes, my favourite is Marks and Spencers in Bexleyheath. I go shopping for clothes and one of my favourite places to go is Ruxley Manor.



We go to a nail spa every few weeks to get our nails painted, they know me in there and I have a chat with them



I go to Smerdon Day centre and spend time with my boyfriend Shaun.

I like spending time with other friends there and staff



Come Dine With Me: I like the TV programme, so staff helped me do my own-come dine with Me.

I invited Gary, he lives near me, I cooked him a 3 course meal which he liked. He scored it 10/10

I'm going to his house in July and he's going to cook for me. I wonder if I will score him 10/10?



It's a great way of meeting people so next time staff are going to support me to invite others



I went to festability in May in Kent, this is a festival of music and stores selling clothes and sparkly things. I went on a coach with 48 other people. I had a packed lunch, I met other people Aurora supports and met band members.



I danced to the music and sang, had lots of fun, looked around the stores and bought a t-shirt.

I am going to be supported to attend other festivals



Once a month I go to the 'Shine' at the Nyne Lounge, Club night, I like meeting new people and seeing old friends. I sing and dance



I go to a gym class once a week in a church hall in Erith. I meet lots of people , the trainer I've known for years Kerry, she makes me work out hard. I do different exercises to help me keep fit, slim down and lose weight.

2. Doing something creative (I like doing)



I like being involved in cooking my meals. My favourite is baking cakes and decorating them with icing and sweets. I also like making biscuits



I like doing puzzles, like 'The Minions' those yellow men



I am being supported to look for a baking class to attend and then maybe a job in a cake shop as I use to do this with my mum

3. Invest Time in Relationships



I phone my brother Jeffrey and he rings me regularly as he cant visit me anymore. As I said I do lots of things with my sister in law Alison.



I have another brother John who lives in Australia, he visits me once a year and brings me koala bears. I have been to Australia many years ago and maybe I'll go again. I am thinking to learn to use Skype on the computer so I can speak to him.



My other brother Andy and his wife Denise live near by. I see them sometimes. He plays in a band and I sometimes go and see him play.



My housemate Hilary and I agreed that if we have an argument, we say sorry and stay friends. We spend quite a lot of time together and share our support.



I want to encourage my boyfriend Shaun to visit me at home and I will give him a drink and cook for him. I am going to invite him to go bowling and to the cinema with me.



I like spending time chatting to my neighbours Robert and his wife and kids and the dog.

4. Focus on Strengths

This means being happy and doing things I like.



I like having a laugh, watching films with funny people like Charlie Drake. He says 'Hello my darlings'



I'm good at bowling, getting 'strikes'



I like staff to praise me saying I look nice. I like to wear nice clothes

I'm very chatty and have a good sense of humour

5. Take time out



I like to sun bathe, but not to sit for too long.



I like getting my nails done and they massage my hands.

At Smerden, day centre, I have a massage by Trevor, he massages my neck and feet and legs. It feels so nice and I then feel sleepy.



I like watching TV, like tipping point, other quiz shows like The Chase but not Bradley Walsh.

This relaxes me

Butlin's



I am planning to go on holiday with my staff, I am going to save some of my support hours so I can do this.

6.Sleeping Well



I like a bed time drink, warm chocolate

I've got a nice comfortable bed with my favourite pink sheets

My bedroom is nice and cosy

I go to bed when I want and sleep all night, I am a good sleeper



7. Keeping Active and Healthy



I walk a lot to the shops, doctors and to the local park



I go to the gym class weekly

I do my housework, cleaning and hoovering, dusting, putting the recycling away

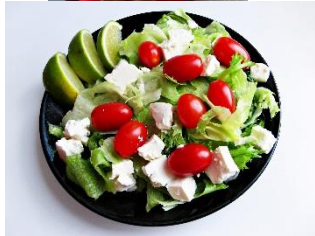


I want to start playing tennis again and go trampolining, my staff are supporting me to find the places that do these

Keeping Active and Healthy

- ▶ I know it is important to keep healthy
- ▶ Staff have shown me how to check for lumps and bumps on my body
- ▶ Staff talk to me about different health issues, the other week we talked about constipation as someone in the news had died from this
- ▶ I have check ups with the Doctor and other people like the dentist and the eye people
- ▶ I have a health booklet that has all my information in about my health
- ▶ I have a hospital passport that I would take with me if I ever went into hospital that has all my information on my health
- ▶ If I don't feel well I tell my staff who then support me to see the Doctor

8. Eating Well



The diabetic nurse has shown what is the best food to eat

I eat healthy foods like salads, yoghurts

I need support to know how much I should eat

Staff help me to understand what are good foods to eat

I know its important to drink plenty of water

9. Mindfulness



I would cheer myself up by doing something funny or watching something funny on the TV



Staff cheer me up, they are chatty, tell me jokes and do silly things- like pulling faces

I would chat to staff if I am unhappy or with my family



I like my house, I feel safe in it.



Thank you for listening