

This is Janet's story



Hello, I'm Janet. I'm 58. I live at home with the help of support workers.



I'm very busy and do lots of things during the day.



I have asthma.



I make my own breakfast every day and I like to cook. My favourite food is spaghetti bolognaise.



I have a trolley now that helps me get around.



I get the bus to wherever I need to go.



I have been a representative on a locality group at Tewkesbury.

I am going to be working with Gloucestershire Voices to talk about learning disability services in Gloucestershire. I also go to the Health Action Group in Gloucester.



I come to Tewkesbury Day Centre one day a week to use the computers. I like to play computer games. I go on the internet. I like to play on the Wii when I'm at home. I also like watching Soaps on TV.



I like going to the cinema and the theatre. I like music from the 1960's.



I like doing art. I like to make cards.



I don't like going shopping!



I have just got back from Disney Land in Paris, we flew there, I didn't enjoy flying! Now I want to go to Disney in Florida.



I want to say:

I'm very independent. I do lots of things.