

## Name: Matthew

### A bit about me

I live with my parents and my brother. My auntie is my personal assistant. I see my family all the time. My speaking can be hard to understand sometimes but I use Makaton signs to help me communicate. All I need is for you to be patient.



### When I'm happy

- I am smiley and loud.
- I love to chat with my friends and will encourage everyone to get up and dance with me.

### When I'm sad

- I may hit out.
- Mostly I refuse to join in and say, "it's alright".
- I normally get myself out of these moods by listening and dancing to music.
- Sometimes I might use bad language, please don't get angry with me, just be patient.

### Likes

- I love Marvel movies and music.
- I love to dance and sing.
- I have been to see Robbie Williams and one of my favourite bands is Back Chat Brass.

### Dislikes

- I don't like shouting or seeing other people upset.

**Name: Charlotte**

### **A bit about me**

I live with my parents, big sister, brother in law and their three children. It's a busy house.

### **When I'm happy**

- I smile, laugh and will often engage in conversation about cake and other food, mainly cake. I will say "no bite" and "Rabbit".
- If I feel comfortable I will pat you on the head, sit on your knee and encourage you to cuddle me.
- I can't communicate verbally very well and will use Makaton actions to help me. I will also use the language I do know to communicate with you.



### **When I'm sad**

- I will shout.
- I will bang furniture and I will cry.
- You will know if I am in pain, as I will cry.
- If I shout for a little bit but settle, I am just making myself comfortable.

### **Likes**

- I like to be with my family.
- I like to go on holiday to France.
- I like to know what is going on, so although I may not say much, keep me informed.
- I like milky ways, cake, fish and chips and orange juice.

### **Dislikes**

- I don't like being stressed.
- I feel uncomfortable when I am too close to people that I don't trust.
- I don't like being left out.

## Name: Dianne (but people call me DD)

### A bit about me

I live in assisted living, in a house with others. I get hours from the staff and need help to do most things.

### When I'm happy

- I am laughing, smiling and helpful.
- I may even get up and dance to my dance music.



### When I'm sad

- I can disturb the day.
- I will refuse to do anything and I will shout back at you.
- I will say things that I don't mean and they can be hurtful.
- I need to be taken away and left to calm down. Normally five minutes in a quiet room with someone to talk it out with me does the trick and I always apologise. I have triggers and I am learning these.
- If I feel myself getting wound up or 'fizzy', as I call it, I will ask if I can take five minutes or, if I have them on me, I will use my communication cards I made myself to tell you how I feel.

### Likes

- I love music, Ed Sheeran is one of my favourite singers.
- My favourite food is spicy food and I love spicy pizza or burgers.
- I really like to help people and will always ask if I can help and jump at the chance to.
- I am crafty and love making things - bracelets, keyrings, and drawings.
- I love it when people give me arts and crafts stuff to add to my supplies.
- I am always very grateful.

### Dislikes

- I don't like not knowing what is going on, especially if it involves me.
- Keep me informed and if I have questions, please be patient with me and let me ask them until I understand.
- I don't like being told off.

**Name: Gary**

### A bit about me

I live with my mum and dad. I see my brother, sister and their families often.

### When I'm happy

- I am relaxed and I will smile and laugh.

### When I'm sad

- I will sit by myself and not talk to anyone.
- I may pretend to cry, and this is me drawing attention to something that is upsetting me.
- I could also choose to ignore you when I am confused.
- I will get my words muddled up, please don't get angry with me just ask me to explain and be patient.

### Likes

- I like coke and Guinness, but not together.
- I like pizza but I like sausage rolls as well.
- I love to sing and enjoy going to Mixit to sing with my friends.
- I also love putting YouTube on and singing along by myself.
- I like to watch movies and enjoy trips to the cinema.
- I love writing in my diary and making a record of what I have done.
- On a weekend you can find me in the club with my parents, I love going to my club.

### Dislikes

- I don't like getting told off and being in trouble.
- I don't like pasta or fussy foods.
- I don't like getting lost or being alone in new places.



## Name: Kirsty

### A bit about me

I live with my mum and stepdad. I have help from my dad, brother, sister and her family. I want to move out and live independently with help.

### When I'm happy

- I smile and love to have a chat.

### When I'm sad

- I may cry but mainly I will sit and be very quiet.
- I worry about things a lot and may ask to have a chat one to one.
- I have been known to listen to a story and only take some of it away.
- I get confused and may pass on the wrong message.

### Likes

- I love to go out shopping and buy myself lovely things to wear.

### Dislikes

- I don't like feeling left out.



**Name: Amy**

### **A bit about me**

I split my time between my mum, dad and stepmum.

### **When I'm happy**

- I am smiling and laughing.
- I may push myself out of the wheelchair or clap my hands and stamp my feet.



### **When I'm sad**

- I breathe very heavily, and I'll cry.
- I don't like crying and sad music can make me cry so I will try to distract myself by talking to you if there is a sad song playing.
- I can tell you using the app on my iPad if something hurts, or if I am uncomfortable. So please encourage me to use this to communicate with you.

### **Likes**

- I love being with my friends and being included.
- One of my favourite things to do is to watch the buses, I get very excited by them.
- I love the Chuckle Brothers, Fireman Sam and Mary Poppins.

### **Dislikes**

- I don't like being left out. Please include me in conversations.
- I may not be able to talk, but I understand and will use my iPad to tell you what I would like to do. Just be patient with me.

## Name: Guy

### A bit about me

I live with my mum and get help from my sister and family friends.

### When I'm happy

- I can be the life and soul of the party.
- I laugh and smile and can be a bit cheeky.

### When I'm sad

- My face goes red, and I can be very emotional.
- I also have a temper, but this only happens if I am extremely unhappy.

### Likes

- I love to draw and to listen to music, Barry Manilow is one of my favourites.
- I love football, I used to have a season ticket and go to matches.
- I am one of the coaches on the Beamish football team and I like to keep a log of the scores.

### Dislikes

- I don't like being told I can't do something. I am very independent, and I always like to give everything a go.



**Name: Jayd**

### **A bit about me**

I live with my mum and get help from my sister and family friends.

### **Likes**

- I love doing my makeup and spending my money on new products to try. My appearance is very important to me, and I like to look my best.
- I love music and dancing.

### **Dislikes**

- I hate confrontation, I don't do well if someone is angry at me.
- I don't like being left out.





**Name: Emma**

### **A bit about me**

I live with my parents and see my brother and his family a lot.

### **When I'm happy**

- I smile, I am pleasant, and I will hug you. I love giving hugs to people, but sometimes forget to ask permission first.



### **When I'm sad**

- I will go into the toilet and you may hear me talking to someone called Lucy, but I will not admit this.
- I also go very quiet and will refuse to do anything that you ask me to do.
- I can become fixated on things, and if they don't happen, I get very upset and might cry.
- I love to make plans and get upset when these plans don't happen and it is not explained to me.

### **Likes**

- I like dancing, singing, watching TV, going out to eat, going to the theatre, and family meals.
- My favourite thing to eat is Chinese and cake, I love cake!
- My favourite drink is Dr Pepper.

### **Dislikes**

- I don't like rain.
- I don't like being told what to do or confrontation.
- I hate being ignored.