

## **Becky's Perfect Week story**

Becky is 27 and lives at home with her Mum, she is planning to move out into her own flat. She adores her Mum and said she would like to continue going to the gym with her on Mondays and is a bit worried that she will miss having Sunday dinner with her every week. Becky mentioned to her support worker that she would like to be able to cook for her Mum in her own flat, but needs support to practice making her favourite meals. Although Becky loves food, she hates doing the 'big shop' with her Mum.

Becky's older brother, Robert, lives in Canada and she rings him, or he rings her every Friday morning. Becky is concerned that she will need to keep an eye on her telephone bills when she moves into her own flat, but she really looks forward to talking to Robert and telling him what she's been up to.

Becky loves children and has a part time job, working two days a week at a local nursery. This is on Mondays and Wednesdays.

Becky said that she is also looking forward to having a long lie in on Saturdays after going out with her friend Jenny on Fridays, they both enjoy going for meals out and to the cinema. Although, they usually have a 'takeaway' night once a month, where they stop in, make their own takeaway and watch a film, to save on money.

Becky has always loved drama, but said that she was sad that she hadn't done any acting since she had left college. Her dream is to be on the telly or stage! Her support worker Tom has a shared interest in acting and has offered to take her along to his amateur dramatics group on a Thursday. Becky had also said that she would like to make Christmas presents for her mum, friends and support team. She has a colleague at the nursery who makes ceramics and would like to try out something like this but isn't sure how to do this.

Becky also goes to church every Sunday morning with her Mum, but has told Tom that she would rather go to the evening service, as she already has an early start when she's going to work and isn't really a morning person!

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Early	Up at 7.00 Work at nursery		Up at 7.00 Work at nursery	Weekly shop on line	Skype call with Robert	Lie in- do not disturb until 10.13	
Middle	Work at nursery	Cooking at home	Work at nursery				Sunday dinner with Mum (alternating between Mum and Becky's homes)
Late	Gym	Ceramics class?	Ceramics class?	Amateur dramatics with Tom	Out with Jenny for a meal or cinema (one Friday a month 'takeaway night in')		Church service