

Alan's Paper Round

Hello, my name is Alan, I'm 54 years old and I've lived in a Fremantle care home for two and a half years, before that I lived with one of my sisters and brother-in-law. As well as another sister I also have some nieces and nephews and I see my family a lot. I live in the house with 5 other people and staff come in to help us with every day living, there is someone on duty all night too, just in case any of us need them. The staff encourage us to do as much as we can for ourselves and they help us to keep safe. I have a key worker called Haley; she is the person whose job it is to know me best. I also have a folder called my person-centred support plan, this tells the staff what support and assistance I need, how I like to do things and how I want to live my life. The staff work with us to help us learn new things or to get better at doing other things, that's their job and they have been trained to know how to do it.

I like living at the home. I like listening to music with Doreen and Karen and I like going to parties. I go to watch MK Dons football team when they play at home. I go with two friends who live at another Fremantle home and I've been to Wembley to see England play. I go swimming on Friday with a member of staff from the Fremantle *My Time* service. At home I help with cooking, doing the laundry and cleaning. I also like doing my paper round.

I've been doing my paper round for a year now. I do it once a week and I deliver papers to a lot of houses. The people I deliver the papers to sometimes come out and talk to me and I earn some money for doing it. It helps me to keep fit as well. Some of the letter boxes are quite small and it's hard to get the paper through, but I have to make sure it goes all the way in so it won't get wet if it's raining. Sometimes I hear a dog barking and wonder if it is going to eat the paper. Claire, from Fremantle head office, asked if she could come on my paper round and take some pictures of me doing it and write this story about me. Robin was my support worker that day so he's in some pictures too; we had a laugh. My family liked the photos because they had never seen me doing my paper round.

I enjoy watching football and like to go to watch MK Dons when they play at home

