

Jacky's Pampering Session

Hello, my name is Jacky, I'm 61 years old and I'm a tenant in a house which I share with 5 other people. We all receive a supported living service from Fremantle. It's quite a new house; we all moved there in June 2009 straight after it was built. Before that I had lived in a care home for 20 years. It's quite different in my new place. I have my own bed-sitting room with a little kitchenette area, where there are two cupboards, a fridge and a small sink. I have a kettle and a toaster so I can make my own drinks and snacks whenever I want to.

I get 30 hours a week personal support from staff, I need support with showering and shopping but I can do most other things myself. The support I need is all set out in my person-centred plan, I wrote this with the staff and it tells them what I need help with and how I like to be supported. My key worker is Shirley and we get on very well.

I like to keep my room clean and tidy and enjoy listening to CDs in my room. I do more myself now than I used to when I lived in the care home, I have more independence which I enjoy. I love to go on holiday and have been to Spain and Malta and want to go to Cyprus next year. I also like to go out for meals, to shows, to the cinema and shopping for clothes; I've been to the sales already. I really like to have pampering sessions at the beauty salon and I quite often spend a whole afternoon there.

Claire from Fremantle head office asked if she could come with me to the salon so she could do this story. The day she came I had my hair styled, then I had some waxing done and then I had my nails manicured and painted. It is very relaxing and I really enjoy it all. Shirley my key worker, who was also with me at the salon, said I looked like a different woman when it was all finished. I do like to look nice and people are often surprised when I tell them I'm 61, they tell me that I look younger. Next time I want to have my hair coloured, I want to go blond.

I like to watch 'soaps' on TV, I really like Scott from East Enders, I have his photo on my wall. I'm going to see Strictly Come Dancing at Wembley soon and I hope he will be dancing there.

"I would love to go to America one day."

