

Neil's Personal Trainer

Hello, my name is Neil Bradbury and I'm 39 years old. I live with six other people in a care home in Aylesbury. I was born in New Zealand and I came to live in England in 1974 when I was three years old. I have lived in lots of different places over the years but I love my Aylesbury home the best. I have a key worker called Cliff, he and the other staff support me to do the things I want to do. I have a personal support plan which I wrote with the staff, this tells everyone how I want to live my life, the things I like doing, what I don't like and how I want the staff to support me.

When staff are doing their NVQ training I like to help out by taking part in the tasks they are working on. I like to support them and encourage them because they do the same for me. The training people at Fremantle got to hear about it, they gave me a special award for '*Outstanding Contribution to NVQ*' and invited me to an Award Ceremony to be presented with the award.

I have a very busy life, at the start of my week I go to the sports stadium at Stoke Mandeville for a workout in the gym with Gavin, my personal trainer. It's quite hard work but, as you can see, we have a good laugh and it is helping me to strengthen my arms and legs. After the gym I do my shopping in town. Every Monday at 7pm I go to Gateway Club, this is great fun as I meet my girlfriend Lauren and we dance and chat. On Tuesday I go to Well Street Day Centre and join in the Talkback discussion group; we talk about important things like our rights. On Wednesday morning I go to a photography course and its games in the afternoon. Thursday is a free day when I can do whatever I like. I often go to Rounders Club to meet friends and have more fun. Friday mornings we have sports at Well Street then in the afternoon I go to the pub with Sean from the centre.

In May I'm off to Butlins at Bognor for a holiday, Cliff will come to support me. He knows all about Butlins because he used to work there. I chose Bognor because in the brochure it looked good; I really liked the look of the shows, the clubs and the nightlife. It will be a new experience for me and I like to try new things.

Quote

"I think I'm so lucky to be able to do all of this."

