

HELEN QUINN'S ONE PAGE PROFILE





Good things about me...

I am fun to be around!
 I'm independent, loyal and caring.
 I am quirky.
 I always strive for perfection.
 I'm always organised and punctual.
 I'm dependable and always offer a
 shoulder to cry on.
 I'm honest.
 I have a mischievous streak!




Important to me...




Spending time with my family and friends.
 Going shopping and having days out.
 Listening to music.  TOPSHOP
 Socialising and having a drink.
 Going for long walks in the countryside.
 Exercising and keeping fit.
 Having a cup of Yorkshire tea first thing in the morning. 
 Eating a healthy diet.
 Getting changed in to comfy clothes when I get home from college or work. 
 Dressing well and looking good when I go out.
 Having time to relax and unwind. 
 I like to be prepared and organised.
 I like the house to be tidy.

How best to support me...

Give me space when I wake up, don't make demands.

Re-assure me when I'm feeling down. 

Support me to keep the house tidy.

Encourage me to go to the gym when I try to make excuses. 

Remind me to take my allergy tablet in the morning. 

Support me by giving me space and keeping the noise down when I am studying.

I like to be organised, tell me plans in advance so that I have time to prepare.