

Lorraine Erwin

ESSENTIAL LIFESTYLE PLAN

Who contributed to my plan

Lori (who's plan it is)

Shannon (my dearest little daughter)

Paul (my partner)

Gill (my friend)

Lou (my friend)

Mum and dad

Colin and Karena (my brother and sister-in-law, the sister I never had)

Chloe (my dearest little niece)

Gary (my big brother)

To be reviewed - January 2008

WHAT PEOPLE LIKE AND ADMIRE ABOUT ME...

- ** Bubbly and funny**
- ** A good friend**
- ** Sensitive and deep**
- ** Totally trustworthy**
- ** Full of energy**
- ** Grounded - down to earth**
- ** Loyal and honest**
- ** Dedicated and
- ** Determined/tenacious++
- ** Loving and caring**
- ** Intelligent**
- ** Inquisitive**
- ** Good listener**
- ** Truly believes in what she is doing**
- ** Strong**

What else do we need to learn?

MOST IN IMPORTANCE TO LORRAINE...

What else do we need to learn?

About relationships...

To be a good mother to my daughter Shannon (see 'About Shannon')

Paul my partner (my rock and my best friend, he's an inspiration to me!)

Family life - this is imperative to me in feeling 'part of' a family

To be with people I know I can trust

To have relationships with people I can be myself with and be totally honest with

To speak to my mum and dad at least once a week on the phone

To speak to my brother Colin, Karena (sister-in-law and the sister I never had) and my wee niece Chloe at least once a week on the phone

To speak to my brother Gary at least once a month on the phone

To go visit my family in Ireland at least once every 3 months with Shannon. Love family 'get-togethers'

To see or speak to Lou, Gill, Julie and Jay (my friends) at least once a week

To catch up with everyone else from HSA at least once a month

To see my Chelle, Claire and Claire (friends from Manchester) once a month

My own space for at least an hour everyday (usually in the evenings) to chill, read or watch telly

If I am having a bad day to be able to talk about it soon so that things don't play on my mind

About Shannon (my little daughter)...

To spend quality time with her everyday (for at least an hour when I am working) chatting, playing, carrying on

To spend time with Shannon during the evening reading to her

This time needs to be uninterrupted by the business of life

What else do we need to learn?

To know that Shannon is happy, healthy and safe at all times

That Shannon is surrounded by people who love her

That Paul and I work together in bringing Shannon up

That we spend some time together as a family at least once a month eg going out for tea, cinema, park

That Shannon is around other children at least twice a week to play and make friends

That she gets to spend time with her grandparents on a regular basis (Granny Renie and Granda Harold at least once every 3 months)

That whoever is taking care of her knows her well and is someone Shannon knows, likes and feels safe with

About how I spend my time...

Exercising at least 4 times per week

Running three times per week

Spending time with Paul at least 3-4 evenings per week

Going out for a drink with some friends at least once a month

To have our friends around for a chill out every couple of weeks

Playing a few games of black-jack per week with Paul or with friends (don't do gambling though!)

Going out to eat at least once a month (love Thai, Indian, Chinese and Italian)

Going shopping once a month to buy clothes, jewellery, CD's, make-up nice smelly stuff and girlie things for Shannon

Chilling out in front of the telly 2-3 evenings per week (love the soaps, property programmes, self improvement programmes (sadly!))

Having a smoke - 15 a day, Mayfair Lights (see Questions to Answer)

**What else do we need to learn?
What else do we need to learn?**

Having friends round for a coffee and a giggle once a week

Going away for the weekend with Shannon a couple of times a year (anywhere love Wales and Southern Ireland) and on holiday once a year (anywhere love Italy and places with culture and sun) Don't do camping!!!

To have a week away with Paul every year - this is usually Ibiza!

Music everyday and especially in the car and when I am in the house alone -

Love all sorts but particularly love funky house and R and B

About food and drink...

Cup of tea first thing in the morning (no sugar, just milk)

Cup of coffee when I arrive at work (no sugar, just milk really love latte!)

Chinese or an Indian on a weekend night

Cheese - anytime anywhere!! and always in the fridge

Wine at the weekends (love white and red and my favourite is Santerra)

Sunday dinner most Sundays (this is definitely a ritual I've adopted from my mum)

About work..

To have a job I feel passionate about!!! Like Person Centred Planning

To have a job that reflects my values around inclusion and diversity and to work with people who share my value base

To continue to challenge myself and develop in my career experiencing new things. Sometimes you need to push me outside my comfort zone!

To achieve what I set out to achieve

Pace of work and traveling...

To work no more than 3 days a week so I can balance work

(which I love) and looking after 'my little chicken' Shannon

Not to be away from Shannon no more than 2 nights at any one time and to be away no more than once every 4-6 months

To know where I am going location-wise (see support section)

I must not drive in the snow/ice (need time to prepare to go by train)

To be able to get the train if I have long journeys to get to work

If I need to go on a long journey (particularly to drive) I prefer to go with someone

What else do we need to learn?

Support at work..

To work with like-minded people who share my value base

To talk to someone within a day if I've had a bad day at work

If I've had a bad day and you are talking things through with me, let me get my emotions out first before you get logical and start talking through some solutions with me

I respect total honesty and openness and really dislike people 'beating around the bush'

To know that Shannon is ok when I am at work (a phone call really helps)

To have a bit of craic at work - I work best in social situations

To have a cigarette regularly (one in the morning, lunch and afternoon) I can smoke really quickly so it shouldn't take up too much of your time

Having the opportunity to work with another person (once a month)

To have at least one long weekend off every 3 months to go visit my family in Ireland

Preparation for work...

What else do we need to learn?

To have an admin day at least twice every month

To read and respond to my e-mails 3 times a week

Time to prepare for my work the week before (I'm a preparation princess) It's the key to my success in feeling confident

That my office at home is organized - space to work and everything in its place

When training or facilitating I need to be there at least an hour before to set up and think about the day

About 'my things'...

Hairdryer and GHD straighteners

TV in the lounge and the bedroom

My car in good working order

My mobile phone

Shannon's memory box

My lap-top

My I-pod

About how I look...

To have a bath everyday (love revitalizing gels, citrus, pepper-mint and brazil nut)

To wash my hair 4 times a week

To straighten my hair everyday

To go to the hair-dressers once every 2 months (love this)

To have my eye-brows waxed when I can

What else do we need to learn?

To wear make-up (love Estee Lauder products)

To be slim and fit

To get into my jeans when I'm not working

To have a wide range of clothes to choose from - when I go away I practically bring my wardrobe. Need to have a range to choose from

Our home...

To live in a nice quiet area

To live in a clean and (reasonably!) tidy house

That the dishes are done after each meal

That the downstairs floors is hovered and washed at least twice a week

That our house is full of music and laughter (something my grannie used to say)

MUST NOT HAVES...

Be out of control of what is happening in my life

Be lied to

Be around judgemental people (of any kind!)

Travel alone at night long distances (either in my car or in a taxi)

People constantly being late (don't mind the odd time!)

People calling in to my home unexpectedly on a regular basis

People who talk down to me or approach me in a confrontational manner

Being around loud, aggressive, drunk people

People not taking responsibility for their actions

Driving in the snow or ice

Letting people down

Being let down at the last minute

Be around wasps or bees (I'm allergic to their stings)

What else do we need to learn?

SECOND IN IMPORTANCE

What else do we need to learn?

About relationships...

To see my friends from Ireland once or twice a year when I go over to Ireland

To see our friends 'down the pub' once a month

About travelling and holidays...

Going away with the girls for a weekend once a year

About how I spend my time...

Dancing and going out for a good boogie when I can (used to be a dancer)

Reading - a good magazine (*Marie Claire*, *Now Cosmopolitan*) especially on the plane or the train after a hard days work (mindless gossip helps me switch off)

Watching a movie - psychological thrillers, real life stories, comedies, chick flicks once a month. Can't stand war movies westerns, action thrillers and James Bond is an absolute no-no!

Bubble bath and a Baileys once every fortnight

About food and drink...

Cheesey baps once a week (my 'student day' diet)

My cottage pie once a fortnight

Marks and Spencers nice things

Organic food (especially eggs and bread) when I get time to shop properly

About work...

That my routine isn't interrupted too much and I am told in advance of any

cancellations / postponements

What else do we need to learn?

To have enough pinboard material in my office for unexpected preparations

About my appearance...

If you want to buy me a nice pressie I really appreciate jewellery - its beautiful and I find I attach sentiment to it

About my home...

To have nice candles and flowers in the house

Not to let it get too cluttered (with paper and toys)

THIRD IN IMPORTANCE TO LORRAINE...

What else do we need to learn?

About how I spend my time...

Having people round for dinner (can't cook but like the 'idea' of playing host!)

About food and drink...

Chilli and rice once a month

Home made Enchillada's once a month

Hazel-nut coffee with cream when I get the chance to go shopping

Selfridges Clotted Cream Shortcake when I get the chance

**WHATS IMPORTANT FOR LORRAINE (WHAT WE NEED TO KNOW
OR DO TO BE SUCCESSFUL IN SUPPORTING LORRAINE)**

What else do we need to learn?

(Myers Briggs - ESFJ)

About relationships...

If I am having a bad day, I need to talk about it pretty soon as I don't like things playing on my mind. I am a 'doer' and need to work through with someone the options to find a solution. (Let me work through the emotions of this first though if I am upset)

I also need to feel I am being listened to

If my mood is related to feeling really tired or if I feel 'out of control' ie I have lots of work to do, or the house is a real mess, offer to help, as I'm not good at asking for help and tend to 'soldier on' until I am really frustrated

If I am angry, let me chill by myself for about half an hour, I usually will then approach you to talk when I feel ready.

I can be quick-tempered (especially if really tired), but its exactly that and usually short-lived

If you are angry at me, I can initially be quite defensive, give me time to take on board what you are saying, sometimes it takes me to the next day to take on board what you are saying. I also need to apologise to people as it 'bugs' me and goes down as 'unfinished business'

I need people to be honest with me and upfront and I don't like people 'beating around the bush'

About my health...

Can only use milder soaps and shower-gels as I have very sensitive skin

What else do we need to learn?

I am a headache sufferer. When I have a headache I need to take a co-codomol and go and lie down for a while.

Driving...

If I am driving somewhere I haven't been to before I can get quite stressed, so it really helps if you go through the journey with me. I'm not good with maps and prefer to write each stage of the journey down on a page.

Support at work...

Time to reflect after every event, or training session as to how things went.

Chatting to me helps me see a clearer picture

Being able to phone someone if I am unsure of something or have had a bad day (usually the same day or next day) This is usually to Lou, Gill, Ruth, Helen, Julie or Jo.

Love meetings over lunch, dinner or coffee, social situations help me think better

When I am stressed, try to calm me down. I can make molehills mountains, so 'play things down' listen to what I am saying and if you've experienced it before tell me about it.

Avoid vagueness with me - be direct

I am also quite an indecisive person, and you will find you often need to push me to make a decision

If you want me to do something you need to give me a deadline

If I am behind with deadlines I will let you know before the deadline and when I can complete it (I really hate letting people down!)

What else do we need to learn?

You can call me any time after 8pm if you want to chat about anything (before 8pm is difficult as I'm usually spending time with Shannon)

I am an optimist and need reality checks sometimes. The more difficult the challenge the harder I work to get there. Something's cannot be 'fixed' and need reminding of this form 'time-to-time' and re-direction into more positive things

About regular routines in my life...

Having a bath or shower everyday and not missing breakfast, I need to be up on time to do this

'Chilling out' on a Sunday morning, getting up later, watching TV, chatting and playing with Shannon and making Sunday dinner (not bothered what it is as long as it is wholesome!

If I'm missing my family in Ireland I need to phone them regularly and make plans to go see them

About keeping in touch...

When I'm really busy I may forget to call you back. Give us a call to remind me

LORRAINE - COMMUNICATION CHART

DATE/WHERE/WHEN	WHEN LORRAINE DOES THIS...	WE THINK IT MEANS...	AND WE SHOULD...
Anytime	Is quiet and doesn't say very much and sighs a lot	She is really tired or hormonal and just wants to chill	Offer to help her (if she is busy) and then chill with her
Anytime	Talks a lot about something	She is excited about it	Listen and get excited with her. Love to celebrate (bottle of wine, champagne, dinner)
Anytime	Withdraws into herself, breaths heavily, and face goes a bit red Or Walks off	She is angry	Give her half an hour space to calm down. She will approach you when ready
Anytime	Whistles or sings	Shes in great form	Good time to ask her for a favour!

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LORRAINE - COMMUNICATION CHART

WE WANT TO TELL LORRAINE...	TO DO THIS WE...	HELPED/SUPPORTED BY..
<p>There has been a change to any plans</p> <p>That shes made a mistake</p>	<p>Tell her as soon as you know, so that she can re-plan things</p> <p>Tell her first (don't talk behind her back)</p> <p>Let her work through the emotions of it first if shes upset or annoyed</p>	<p>Don't feel bad or uncomfortable, it makes her feel uncomfortable</p> <p>Get logical with her then! Likes to see solutions visually</p>

RELATIONSHIP MAP

IMTIMACY	FRIENDSHIP	PARTICIPATION	EXCHANGE
<p>Shannon (daughter) Paul (my partner) Mum Dad Colin (brother) Karena (sister-in-law) Chloe (niece) Gary (brother) Lou Gill Jay Julie Chelle</p>	<p>Ruth Helen Julie Bray Julie Lunt Michelle Babs Claire Claire Jo Charlotte Karen Danielle Ray and Heena Jamie</p>	<p>Tina</p>	<p>Dr Dwane Craig (hairdresser)</p>

QUESTIONS TO ANSWER

Getting back to my flat muscular stomach, before I had Shannon!! What's it going to take to schedule time to do my exercises every day?

Would love to give up smoking. What options are available to me?

Where are good places to go on holidays with Shannon?

Need to find a really good baby-sitter? What options are available to us?

Need to have more 'me' time - what needs to happen next to achieve this?

Would love to go back to dance class but don't want to go alone. Who do I know would go with me?

Whats it going to take to save religiously every month?

