

Vicky Jones Essential Lifestyle Plan



Compiled by Vicky Jones – June 2005.

Contributors:

Tudur Jones – Husband

Lora Jones – Daughter

Elan Jones – Daughter

Angela Hughes, Non Pierce, Sioned Owen, Kate Toms – Colleagues



My friends and family think that I am.....

Good at
cuddles

sociable

Clear thinking

Friendly

Focussed

Fun

Kind

Good
cook

Vicky.

calm

smart

Professional

Organise
d

happy

conscientious

Things That Are Most Important To Vicky

About Relationships:

- Spend time with my three children, encouraging them to talk to me about their day at school.
- Spend time with my husband and support each other
- Have fun with my children and have quality family time during the weekend.
- To encourage my children to live full and happy lives with lots of friends and activities.
- To speak to my mum and dad at least twice a week on the phone
- To see my friends for a chat every week.
- To phone my brother at least once a month.
- To maintain contact with my friends who live far away.
- Go out for a meal with my friends when we can.
- Keep in touch with my wider family, usually by text or e-mail. We try to see each other when we can.

We need to add:



Most Important To Vicky continued

Work: I must

- Have my diary with me.
- Have my mobile phone with me.
- Have my car - full with petrol & in good working order.
- Have my laptop with me.
- Have peace and quiet to get on with paperwork and to make telephone calls.
- Have time for a chat with my colleagues.
- To complete my 'To Do' list each week.
- Be on time and keep my appointments.
- To keep on top of reviews and notes.
- To be able to discuss problems with my line manager when I need to.
- To work closely with colleagues.
- Maintain regular contact with my clients.
- Have a good laugh at work.
- To attend courses regularly in order to keep up to date with changes and developments.
- Have time to sit down and eat my dinner

We need to add:

Most Important To Vicky continued

Routines: I must

- Get up with the radio alarm clock no later than 6.45am
- Go straight in to the bathroom for a shower. I wash my hair every other day with head & shoulders shampoo & conditioner. I use Clarins facial wash & Dove soap.
- Have a cup of strong tea whilst getting myself ready made by my husband. A little milk & no sugar. I like to put my Clarins moisturiser on, then do my makeup, then my hair. I use a little mouse on my hair and protector as I use the straighteners on it.
- Make sure all of the children washed and dressed and downstairs by 8.15am. Lora must leave the house to get the school bus by 8.15
- Have breakfast with the children - Alpen, semi skimmed milk and orange juice. Elan & Elis will choose what they want.
- Make sure that the children's bags are packed.
- Make sure that all of the beds are made and all of the curtains are open.
- Put all of the cups and dishes in the dishwasher.
- Go on holiday twice a year - abroad once.

Most Important To Vicky continued

Home: I must:

- Keep the house clean & tidy – the cleaners come every Tuesday
- Clean bathrooms daily – have flash wipes for daily use.
- Have a dishwasher, washing machine and tumble dryer.
- Shop for food as necessary. Do a big shop in Tesco's once a week.
- Sweep the kitchen floor daily.
- Water plants / vegetables as necessary.
- Go shopping to Chester / Solihull 3-4 times per year.
- Have friends / family to stay.
- Make sure I have time to take children to various clubs and activities
- Make sure the children look after the hamster.
- Feed the dog & take her for a walk.
- Have my in-laws for Sunday dinner.
- I love cooking and like to have the time to try out new recipes. I buy the Good Food magazine every month!
- Go on family walks – picnic included during the weekend & weather permitting.
- Spend a lot of time on the beach with the children during the summer.

We need to add:



- Take the children to school and give them a kiss and a cuddle before I leave for work.
- Try to get tea on early so that the children have a chance to go out to play with their friends
- We all eat together and have a chat over our meal.
- Have all of the children in bed before 9.30pm so that Tudur and I have some time together.
- Be in bed by 10.30pm.
- Make sure that all of the washing and ironing is up to date.
- Make sure that I do the books each month and pay the lads each week!
- Go to the gym at least twice a week.
- Lora, Elan & I go to Kickboxing every Monday night.
- I help to run the sports club for the children in our village. We meet every other Monday.
- Help the girls with their piano practice
- Make sure that the children do their homework.
- Read with Elis every night, with Elan whenever she wants, and make sure that Lora reads her school books.
- Have help to look after the children over the summer holidays

I must not:

- Let housework, business work get out of hand.
- Have a cat in the house as I am allergic to them.
- Be rushed in the morning like to take my time
- Have less than 8 hours of or there is a very strong possibility that I will be incredibly grumpy!!.

Some possessions that matter to me most

My jewellery

Keepsakes from childhood, college, birth of
my children.

Photographs – especially of my grandparents

Things that are 2nd in importance to me

Relationships:

It is important that I :

- Visit my mum and dad at least twice a year.
- That my parents visit us at least once a month.
- That we have fun days out together as a family on a regular basis.
- That my husband and I have a night away together at least once a year.
- That I meet up with old friends at least once a year.



Work

Continue to work four days per week.

- Am able to take annual leave around the school holidays
- Work well with outside agencies.
- Have supervision
- Have Professional Development.

We need to add

Routines

- Have 10 minutes in bed on my own in the morning.
- Have Christmas well planned – start in October.
- Plan holidays and breaks well in advance so that I have something to look forward to.
- Have Friday mornings with my friends.
- To see my beauty therapist every six weeks for any major repair work!!

Home

- To listen to music while I cook, with a glass of dry white wine if appropriate!
- To watch Eastenders / Coronation Street when I can.
- Have a Chinese Takeaway once a month.
- Have good make up, moisturiser and cleanser.
- Have a quiet bath with lots of little luxuries once in a while.
- Have a good night out once in a while.
- Have some 'me' time occasionally.

We need to add.

To be successful in supporting me you must:

Know this

Sometimes I have so much to do that I panic.

Sometimes I miss my family and can get quite upset.

I do not like lies or dishonesty.

My children will always come first.



Do this

Listen to me. I will ask for help if I want it. Give me some time and space to get on quietly

Give me a cuddle and some quiet time to talk to them on the phone.

Always tell me the truth, even if you think that I will be upset.

I need flexibility in work so that I can look after my children if they are ill or during the school holidays.

To help me stay healthy and safe.

- I need to go to the dentist regularly.
- I need to exercise to keep my tummy muscles tight as I have a bad back.
- I need to wear inserts in my shoes as I have one leg longer than the other.
- I need to visit the chiropodist occasionally as my little toe gets sore.
- I need to wear my glasses when I read or whilst working on the computer.
- I need to eat regularly and healthily as I have stomach problems.
- I must not go into a house where there is a cat as I am allergic to them.

What is happening	Vicky does	We think it means	And we should
Anytime	Gets cross	Things aren't going well – getting stressed	Ask what the matter is and if you can help
Anytime	Goes quiet	Something is worrying or upsetting me	Leave me alone. I will work it out or ask for help. Give me a cuddle
Anytime	Short tempered	I'm tired or worried	Leave me alone. Don't argue with me!

Questions to answer.