

SOPHIE'S ONE PAGE PROFILE



WHAT PEOPLE APPRECIATE ABOUT ME

- Being a good listener
- Being honest
- Being reliable
- Being a good cook

WHAT IS IMPORTANT TO ME

- Focusing on the children and making sure that they feel settled and happy. Making time to discuss how they are feeling.
- Staying in the family home in the street where we know everyone and everyone knows us. Its reassuring to be around familiar places and people.
- Feeling safe and secure! Knowing that we have a regular income.
- Seeing my best friend Pauline at least once a week, we usually go to the cinema on Orange Wednesdays.
- Making sure that the kids see their Dad on the days that we have agreed without him letting them down.
- Being in the kitchen and cooking meals from scratch. I love cook books and experimenting with new ingredients.

HOW BEST TO SUPPORT ME

- Seeing my Mum and Dad every other weekend and speaking to them on the phone most days reminds me that I am supported and loved.
- Investing in coaching with Sue to keep me focused on the future and the small steps I need to take to move forward.
- I worry about how we will cope financially, so knowing what maintenance we can expect and making sure I keep my regular income from work helps me to budget and plan for the future and enable us to stay in the family home.
- I do need some emotional support to get through the tough parts of this. If you notice that my texts or facebook posts seem a bit low or sad, ask me if I want a chat, or even better if I want to share a pizza and a glass of wine.