

## One Page Profile

## Lynne Craven



### What we appreciate about Lynne

A good role model

Open and honest-tell it how it is

Makes things understandable, accessible and clear

A good problem solver

Has loads of integrity

### What is important to me?

- Life with my partner John who supports me with his wonderful (if fattening) cooking and keeps our home together. Spending time with my (now adult) children Jack and Zoe.
- My big, spacious bedroom with a good view of the Pennines - to wake up in the morning feeling well and positive, ready to start the day.
- My bike and the freedom this gives me. I aim to get out on it three times a week for a minimum of 20 minutes but a full hour cycling in the countryside is best.
- Not being in crowded places, such as shopping centres as people bumping into me makes me unsteady and is stressful. However I do like the rare visits I make to a pub with good beer, always with someone to steady me next to me. Never the supermarket or cinema though.
- I love the work I do and I am passionate about making a complex world accessible and understandable to others. Seeing others make sense of a self management approach and lives changing as a result brings great rewards.
- Being part of a team. With my business partner, Kerry, we figure out the best way to work together and divide tasks. I must also make a contribution to the world by volunteering every week as a listening volunteer and value the team at Barnsley Samaritans.
- That I use my time wisely and manage my energy levels well. I need to be in control of how I plan my day which includes a rest period every day.
- My portable self-management seat. I take this anywhere I may need to spend any time standing.
- Driving my car. It is an adapted automatic and I work hard to make sure I maintain the strength and capability to do this.
- Spending time with my friends and joining in activities with them as far as I am able. I am an outside person at heart and my friends are brilliant at taking photos of things that they know I would appreciate.

### How best to support me

- Do not expect me to stand for any length of times in queues, waiting for lifts or going down long corridors. I will have my seat with me if I think this might happen
- If you want my full attention, make sure I am sitting or ideally lying down. I don't have extra capacity in my head to concentrate on standing and listening as well
- If you are out walking with me, walk next to me so that I can grab you for support if I need to.
- Always work in partnership with me. I am well informed about my condition and although I accept the limitations my condition imposes on me, I must be in control of decisions around my own health at all times.
- Listen to me and problem solve with me. Do not underestimate me and my ability to think round an issue and come up with workable solutions. However know that I also value your contributions, knowledge and ideas equally. This applies both to my health but also how I participate in everyday life and the things I enjoy.
- Work in partnership with me – I'm a great resource.