



Richard Lax

My Experience

- I have sat in on the newsletter steering group for Darlington.
- Worked on Healthwatch.
- Belonged to an Advocacy Group.

I Enjoy.....

- Swimming
- Gardening
- Walking
- Piano Lessons

My Skills and Knowledge

- Knowing about peoples rights.
- Speaking up for other people.

What is important to me

- Helping people whilst I can.
- Trying to get things right.

What people say about me

- Kind and Caring.
- I think about others.
- I take my responsibilities seriously.