



## My Experience

I am autistic with a learning disability

Worked 20 years as a factory operative for Remploy

Peer mentoring with FANE

Volunteer with Gateshead People – self-advocacy

## I Enjoy.....

Socialising with close friends

Cinema

Music

Theatre

## My Skills and Knowledge

Mentoring skills

Gardening skills

Volunteering

Conservation

## What is important to me

My faith

My family and friends

Work

Leisure time

Helping people with disabilities get their rights

## What people say about me

Polite and caring – sensitive to the needs of others

Hard-working & committed  
Strong work ethic