



Frank Lyford

My Experience

- Good with people.
- I have been a chair, and always part of the core team. The Splinter Group is a user-led, user-run project for young people with autism and learning differences
- I have performed on video using my own experience to help explain what it's like to live independently with a learning difference.

I Enjoy.....

- Keeping up with current affairs.
- Travelling the world.
- Meeting new people
- Watching and playing sport.
- Long distance walking.

My Skills and Knowledge

- Good at working in a team and working to get a task team
- Good at problem solving good at giving positive and negative feedback.
- Good at planning events and conferences.
- Confident to speak up in meetings.

What is important to me

- Everybody should be respected and equal.
- Being passionate about my job and what it fulfils.
- Don't be afraid to try new things.

What people say about me

- Hard working and honest about things
- Funny
- Helpful
- Good at chatting and talking about current affairs.