

Helen

Who are you?

I am Helen Jamieson, I am a female who loves being a Community Champion and doing lots of things like Makaton and dancing.

Which of the 4 A's are you exploring?

Activity Leader, because I will be good at it. I like to be able to stand and teach people how to do Makaton because it is really helpful.

Who is your TIN Buddy?

My TIN Buddy is Stacey, I am really happy working with Stacey. She helps with quite a lot of things, makes me laugh and is amazing.



What have you done so far with your TIN Buddy?

Well we have made some changes to a presentation about the 4 A's. We have started learning Makaton to the song 'Amazed' by 'Lone Star' and we have decided on another song too from 'Peter Rabbit'. I like my timetable because it helps me to know what I am doing each day. We created a journal which is different to what I have done before, but I like writing things down and it's good to look back on and remember what I have achieved and what I have to work on.

Why is being a Community Champion important to you?

It is important because it makes me feel more independent and able to do the things I would like to do.

What would you like to do in the future as a Community Champion?

I would like to carry on with this. I would like to be more confident and teaching at TIN Arts as a member of staff. I would love one of the blue TIN Team hoodies.