

Transcript

# A Good Life with Sue

**Evelyn Kyeremaah-Gyan:** A Good Life.

**Male speaker:** A Good Life.

**Nartarn Al Dhalimi:** A Good Life

**Evelyn Kyeremaah-Gyan:** A Good Life is a graphical visualisation tool that shows how customers spend their time during the day, what they do, what they would love to do, and then what they enjoy.

**Jess Mackie:** It helps us be able to identify maybe gaps in someone's life and how we can encourage those things that they're enjoying, but that they're not doing as much as they'd like.

**Nartarn Al Dhalimi:** So we can look at somebody's canvas, see how much time they spend doing activities that they really, really like. Also, how much time they spend doing the things they don't like, and that really quickly gives us a picture of what needs to shift inside of their day to give them more enjoyment within the activities that they're doing.

**Abbey Winley:** Since using the pictures, yes, I didn't realise Sue wanted to cook, so that was a good experience, and now we have a chef.

**Jake Gudgad:** I've been working with Sue for about three months now. We started before summer and yeah, at this stage we are doing it on a weekly basis.

Okay, Sue. So what's going to happen now? We're going to put all the ingredients in. Alright, I want you now to actually open the breadcrumbs for me and put them in a bowl please.

Initially we are kind of sort of checking what she can actually do, but when we started doing cooking classes, I realised that she's capable of doing more. So, before it was more of me doing pretty much everything for her, but I realised that she can actually do more. So it's definitely helping her with her independence.

I think for me, the cooking classes are actually more empowerment, that they will empower her to, like 'I'm capable of doing this'. I've noticed that when Sue's doing the kitchen, she was showing me that she don't have to be there all the time.

And I'm very proud of Sue because she's definitely improving every time we do have a cooking class.

[ENDS]