

My One Page Profile

Alison Jackson

What People Appreciate about me

- Loyal
- Positive
- Friendly
- Determined
- Good singer
- Creative



What's important to me

- Family are very important to me. I live with my husband Clive, my son Mark and our new puppy Jackson. My daughter Emma has just recently moved out. My Mum is 85 and is a very big part of our lives.
- I like to stay in touch with my sister Lesley and her family. Christmas time is particularly enjoyable because although it can get noisy and everyone is grown up now, it is the one time that we all come together.
- I love musicals and choirs. I teach Girls' Brigade. It is a lot of dance and I love the interaction with the little ones especially what they tell you about their home life. Cheers me up always.

How Best to Support Me

- If you think I am being off just ask, I will appreciate this. You will know that I am upset if I rant or begin to overshare. However, I am quite relaxed generally and don't get upset often
- Remember that I like to have a coffee and check my emails first thing in the morning. This helps me plan my day. I can be forgetful at times, I work best when I have a plan in place as guidance.