

# All About Me



## SECTION A OF MY EDUCATION HEALTH & CARE PLAN

Please use this form to tell us all the important information about yourself.

**You can write, draw or stick in photos. It is up to you!**

We will use what you tell us to make sure you are getting the opportunities and support you need to achieve your hopes & wishes.

**Your views are really important!**

<b>My name is:</b>	
<b>My date of birth is:</b>	
<b>I live at:</b>	



You can ask someone to help you complete this form, this could be a teacher, a parent or carer, SENDIASS or another trusted adult who knows you well.

*Please tell us their name and how they know you*

<b>Name:</b>	
<b>How they know you:</b>	

**Why not pop a photograph or drawing of yourself here!**



## THE BEST OF ME

What I like about myself

What other people like about me

A large, empty rounded rectangular box with a purple border, intended for writing about self-likes.A large, empty rounded rectangular box with a purple border, intended for writing about what others like about the user.

## MY LIKES & DISLIKES

My Likes

My dislikes

A large, empty rounded rectangular box with an orange border, intended for writing about likes.A large, empty rounded rectangular box with an orange border, intended for writing about dislikes.



## SUPPORTING ME

I need help with...

It helps when you...

A large, empty rounded rectangular box with a yellow border, intended for writing about areas where help is needed.

A large, empty rounded rectangular box with a yellow border, intended for writing about what helps when receiving support.

## COMMUNICATING WITH ME

How I communicate & express my views

How you should communicate with me

A large, empty rounded rectangular box with a purple border, intended for writing about how the individual communicates and expresses their views.

A large, empty rounded rectangular box with a purple border, intended for writing about how others should communicate with the individual.



## IMPORTANT PEOPLE IN MY LIFE



## MY LIFE AT THE MOMENT

Going well...

Would be better if...



## IN THE FUTURE I WOULD LIKE...

**Please return this form to:**  
SEND Services, Children, Adults & Families, Town Hall & Civic Offices, Westoe Road, South Shields,  
Tyne & Wear, NE33 2RL Or by e-mail to [sen@southtyneside.gov.uk](mailto:sen@southtyneside.gov.uk)