

At the start of the week, I expected to be out of my comfort zone but as the week went on, I did think I would become more comfortable. A challenge I faced was keeping a conversation going. My experience with the Lifeskills group has been good; meeting the participants and starting new conversations, playing sport with them, and eating lunch with them. It was challenging at first but then I adapted and now I am fine with talking to and meeting new people at Lifeskills. The sporting activities we organised and played were fun - the participants were all very good and had a lot of fun during the games.

I have learnt so much about the Lifeskills participants and all the activities they do. I met Frank and Robert who both like football and cricket. They both also go for Carlton and were excited for round one. One thing that I admire from both of them is how they give everything a go and are always friendly and supporting of their friends.

My favourite activity of the week is when we played sport at the gym on Tuesday. At the start we played Octopus and then we moved to basketball. Frank and Robert loved basketball. We played in teams, and we had a good time. Then at the end we played their favourite game; cricket, and they loved it. They all got to bat and bowl. For the rest of the week, they were both asking when we would play cricket again.

By Charlie Taylor

