

# IDEAS

Mum - blue, cooking, apples  
knitting, reading, best  
mum, thoughtful, kind, music

NHS - Caring, thank you,  
rainbow, support,  
physiotherapy, tablets

Fran - Marmalade, dogs,  
purple, friendship, listen,  
care

Jason - books, computer,  
calm, peaceful, guitar,  
green, music,

Claire - cup of tea, red,  
gardening, teaching,

Me - coffee, crisps, calm,  
books, music.

