



What people like and admire about me:

I make time for everyone that lives and works within my region.

I am thoughtful, approachable, and people feel comfortable to contact me for support or to just off load after a tough day.

I am honest and fair, and have a good sense of humour.

What is important to me:

Spending time with my amazing family, friends and partner in crime!

Enjoying nature, good food, music and complimentary therapies.

Ensuring we provide the best possible service for the people we support

That we, and the people we work with enjoy life as much as possible!

Be truthful- if we need to work through a problem or concern we can do it together.

How best to support me at work:

If I allow things to build up- I just sometimes need to let them out. Give me time to just talk things through, off load!

Communicate! - Keep me informed, whether it's good or bad. Please keep me in the loop and updated.

Let me know if you want me to do something- don't just presume I know.

Remind me to book time in the week to catch up with myself.

If I have forgotten to do something, please remind me. We all have those moments where things slip our minds!