

Louise Martin

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Personal Profile

I am a kind and friendly person. I have a lot of experience caring for other people, both professionally and personally. I would like to use the skills and techniques I have gained around mental health, learning difficulties and facilitating learning and personal development to become a support worker. I believe my empathy and strong work ethic will make me an asset to any organisation in this field.

Employment and Volunteer History

March 2012 – Present Day

Befriending Volunteer with the Mental Health Charity

As a befriender I have used and developed my ability to communicate, listen and respond to an individual's support needs. I have provided a space for this person to talk, off load and gain confidence. I have also encouraged this person to make contact with other sources of support, and to join in social activities. I have followed the boundaries that were put in place for the befriending relationship, at the same time as being friendly and caring.

October 2007 – Present Day

Carer for son with learning difficulties and full time mum of three children

Being a mum with three children and a carer for four years has made me an extremely organised, efficient and emotionally intelligent individual. I am committed to achieving a safe, secure and educationally nurturing environment for my children. I am excellent at prioritising daily tasks, ensuring each child has all the appropriate equipment and information to attend school, hospital and nursery. Other tasks demonstrating my skills include the fact I prepare nutritionally sound meals, facilitate non directive, educational play and tap into services across the city to ensure my son gets the support he requires to flourish.

January 2004 – October 2007

There is a break in my employment history here because I was doing A-Levels (see below) and then began a degree in social care but was unfortunately unable to continue due to childcare commitments.

2003 – January 2004

Volunteer at Greensleeves School for children with Special Educational Needs, Sheffield

This involved supporting children with special educational needs through using games, play equipment and tailor made workshops to improve educational attainment and self-efficacy. I also helped children with meeting basic needs such as eating and going to the toilet and delivered the support with sensitivity and respect to enable children's sense of dignity.

May 2002 – December 2002

Kitchen Assistant in catering department at Northern General Hospital, Sheffield

I worked in a busy and pressurised environment to ensure the maintenance of a clean and organised kitchen and prepared sandwiches to a high standard in a limited time scale in keeping with the Chef's Kitchen systems. I used my ability to work within a team and on my own initiative to assist the catering department to run as smoothly as possible at all times.

Education and Training

May 2012

Befriending training at the Mental Health Charity

Attended training in befriending skills which provided me with an understanding of and skills in professional boundaries, creating rapport while remaining detached, facilitating positive change in others, safeguarding policy, managing risk, advocating for others and motivational and listening techniques.

September 2002 – July 2004

Gained three A-Levels at Sheffield College, Granville Road, S2 2PQ

Studied Media, Social Care and Hairdressing and achieved grade D in each subject

September 1997 - July 2002

Gained seven GCSE's at Primrose School, Sheffield

Achieved Grades C – E including C for Maths and English

Achievements and interests

I was given an award at Greensleeves School for going the extra mile as a volunteer and running a play hairdressing session with the girls – I committed an extra two hours a week and created this bespoke workshop after five of the children requested it. Reading is a great passion of mine and in particular I am interested in social history and frequently take my children to museums and buildings of cultural and historical interest.

References: available on request.