

# HELEN SMITH

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## PERSONAL PROFILE

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A focused and motivated Public Health and Community Wellbeing final year student with expertise in public health and community development. Flexible, responsive, able to work independently and in partnership, I look forward to building a career working to improve the health and wellbeing of individuals and communities, tackling social disadvantage and health inequalities.

## EDUCATION AND QUALIFICATIONS

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**University of Bradford** 2019 – 2022

**BSc (Hons) Public Health and Community Wellbeing (*Expected: 2.1*)**

*Modules include:*

Community Development and Engagement in Multicultural Populations (71%)

Evaluating Public Health Research (65%)

Health Education and Promotion (62%)

**John Wallis Academy, Leeds** 2017 – 2019

GCE A Levels: English (C)

BTEC L 3 Diploma: Social Care (DDD)

**John Wallis Academy, Leeds** 2012– 2017

GCSEs 9 subjects (3As, 4Bs and 2Cs) including Mathematics, English and Science

## EMPLOYMENT AND WORK EXPERIENCE

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**Wakefield Council** September 2020 – present

**Healthy Families Project Support Worker (University Placement)**

- Supported the work of the Healthy Families Team in targeted locations of high deprivation in Wakefield.
- Designed publicity materials for healthy living workshops.
- Contributed to the delivery of 3 workshops to other agencies, increasing their understanding of the effects of health inequalities amongst residents in deprived neighbourhoods.
- Co-ordinated a weekly drop in for residents, receiving positive feedback from residents and Healthy Families Team members.
- Consistently followed confidentiality, safeguarding and health and safety procedures.
- Demonstrated sensitivity and respect to residents and service users at all times.

**Health Action Local Engagement (HALE), Bradford** October 2019 – June 2020

**Engaging People Project Support Worker (University Placement and ongoing volunteer work)**

- Worked with the project team to encourage and support people in the community to get involved and have their say about future plans for healthcare in the Bradford and Craven District.
- Successfully co-delivered focus groups with residents in four different local residential care homes to hear about their experiences of health care.
- Produced a short written report from the focus groups, with recommendations to inform longer term plans and future decisions about healthcare services across the Bradford District.
- Responsible for updating the blog and adding content to the Facebook page.
- Grew my networks and developed productive working relationships with HALE members and other members of the Project Partnership team, where I continue to volunteer.

- Provide individual patient care as required, washing and dressing patients, serving meals, helping to feed patients, helping people to move around, toileting, making beds, talking to patients and making them comfortable, monitoring patients' conditions by taking temperatures, pulse, respirations and weight.
- Adapting to COVID-19 safety measures and ensure PPE and H&S requirements are always adhered to, while attending different locations and duties.
- Patients regularly comment on my caring and cheerful approach which has been recognised by managers as one of my key strengths.

## **VOLUNTARY EXPERIENCE**

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### **University of Bradford**

Sept 2020 – present

#### **Peer Assisted Learning Leader – student led learning scheme for first years to support their transition into and engagement with university and study life**

- Coordinated and designed group learning sessions with first years on topics chosen by the students to help them with their confidence and knowledge
- Created session plans for topics such as Social Policy, Society and Welfare
- Received good feedback from students on session content and my delivery style

### **Health Action Local Engagement (HALE), Bradford**

June 2020 - present

#### **Engaging People Project Support Volunteer – continuation of placement role**

- Asked to continue as a volunteer as a result of the positive impact I made when on placement
- Responsible for developing the drop-in sessions with residents and training residents to run sessions
- Creating and updating project publicity and information, for social media, including Facebook and for distribution in the community
- Expanding the network of care homes engaged in the Project, from 4 to 10

## **RELEVANT SKILLS**

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- **Team and Partnership Working** – In placements and at work I take responsibility for my own work, as well as being effective in teams and partnerships with colleagues, students and service users. I have created and contributed to project and professional networks on placement and during my course, as this is essential when working in health and wellbeing and community development.
- **Communication and Interpersonal** – Recognised by supervisors, managers, lecturers and students for my ability to adapt my communication style to suit the audience, from report writing for the HALE project, through to producing a session plan for first year students. Able to deliver focus groups and workshops with different levels of confidence and capacity to learn. Consistent in building trust and rapport with patients and staff.
- **Evidence Based Practice** – In my placements and at University I am confident to learn and put into practice approaches that have been proven to work. I am ready to try new approaches, but make sure that they are trialled and evaluated. This is how I have achieved high grades in my university work and good feedback in the workplace.

## **POSITIONS OF RESPONSIBILITY, ACTIVITIES AND INTERESTS**

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- *Bradford Central Food Bank Voucher Coordinator* – Issue and distribute vouchers to front line agencies in central Bradford, including Job Centre Plus, voluntary and community agencies. Time and resource management and partnership working are my strengths.
- *Student Course Representative* – I was nominated by students to regularly ask for feedback on their experience and liaise with university staff to ensure that any negative experiences are resolved. Students tell me that they trust me to take their concerns forward, as they have seen the difference that this makes. Negotiation, influencing, listening and verbal communication are my key skills.
- *Iyengar Yoga Practitioner* - I have practiced yoga since I was 13. It keeps me physically and mentally strong and flexible. I am planning to train as a teacher once I have graduated.