

Gaddum ... Carers



**Lucy – Salford Adult Carers
Student Social Worker, University of Salford**

What is important to me?

Since the pandemic and having restrictions, it has become increasingly important for me to maintain a healthy balance between work and having a social life. I worked throughout the whole pandemic and I never realised how lucky I was to go to work and speak to new people until I was put in that situation. It made me value my relationships and friendships more because social interaction is so important for my mental wellbeing. I love cosy nights in on a weekend with my boyfriend, girly nights in with my friends every few weeks, shopping and I'm a crazy dog lady! I am absolutely obsessed with pugs. They melt my heart so please no one ever tell me that you own one because I will never stop talking about it.

What do people appreciate about me?

People appreciate my hard work, compassion and friendliness. These traits are recognised consistently throughout my part time job and have resulted in me receiving multiple awards and great customer feedback. I give 110% into the things I love, that's why I'm so excited to start my new placement journey here at Gaddum.

How best to support me?

The best way to support me is through having a routine. I am a creature of habit and like to have structure so I don't overthink (overthinking is a bad trait that I have always had). I also like a lot of reassurance when I am learning something new. I like to make sure that I am on track with my tasks and I am getting things right. Getting things wrong does not concern me but I just like to ask a million and two questions and just check a lot.