



I'M A

MENTAL HEALTH FIRST AIDER

MENTAL HEALTH MATTERS



Gerardina Wrubel (Gerry)

Hi my name is Gerardina Wrubel and I am 59 years old.

I'm a divorced single mum with a son who is 33 years old. I'm also very excited being a first time grandma.

My parents come from Italy but I was born here in the UK hence Anglo-Italian.

I love Italian food and love to eat out, socialise and travel. I love meeting new people and a big animal lover.

I'm fun, happy go lucky, try not to take life too seriously and laughter is the best thing.

I have been in my present job for 2 years and thoroughly love my job, I find it very rewarding and uplifting.

The reason I became a MHFA because I want to help people and be there for someone who needs help, to be a listening ear without judging for whoever needs it talking always helps. Problem shared is a problem halved.

Please feel free to contact me on;

Email - Gerry.Vincenti@hotmail.co.uk

Telephone - 07501 033813



Mike Hulme

Hi My name is Mike and I have been working with Ansar Projects for just under 9 years now.

I was born in the 70s and I am happier being outside than in, can currently be found either in a forest, up a hill or in the sea.

I enjoy thinking outside the box and looking at the bigger picture. Assisting people to succeed is a higher priority than reaching my own goals.

Please feel free to contact me on the below details.

Email—Mike@ansarprojects.co.uk



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Ben Nicholson

Hi I am Ben and I am 39 years old but as you can see from my photo, have the boyband good looks of a 25 year old. I live in Little Lever with my wife, two kids and Cavapoo and I enjoy playing pool, golf and poker as well as the occasional pub quiz or game of Scrabble. I have worked for Ansar Projects for 10 years.

I have had a lot of experience in recent years in supporting someone through severe mental health issues but always felt this support could have been better had I known more about how to recognise warning signs, be a better listener and be better equipped to give help and guidance. Becoming a MHFA has helped me to improve on this and be more prepared in helping others when they need it.

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Mental Health
First Aider

MHFA England



Stephanie Nuttall

Hi my name is Steph,

I am a Team co-ordinator for Ansar projects, I love helping people and making a difference in people's lives however I can.

I love socialising with my friends and going to concerts. My favourite all time bands are Take That and The Script.

I love animals, especially my Two dogs Jack and Lexi who are spoilt beyond belief.

I started working in the care sector by chance. At the time it wasn't my initial career goal, but once I started working in care homes for the elderly in my teenage years, I found it to be so rewarding and never looked back. I started working for Ansar Projects in 2012 and have made some lifelong friends since working here and met some amazing support staff over the years.

I became a mental health first aider as I believe its an important subject to talk about and be able to help others with as its very often avoided. There are too many people who struggle alone and don't feel like they can talk to anyone creating more pressures and struggles in their daily lives .I hope to help people overcome there fears of talking about their mental state and help people realise there are people here to help even if its just to listen.

There are too many people who suffer in silence. Hopefully by promoting MHFA we can change this and help others to come forward for help / advise they may need.

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Christine Harvey (Chris)

I am quite a chilled and relaxed person and probably happiest being a mum and grandmother. Plus, I have fur babies in the form of cats called Buffy and Willow.

However, I have worked in Social Care now for 30 years and been with Thera for over 14 of them. It is probably safe to say I enjoy what I do.

I love doing crafts and have been making jewellery for years but more recently have been mastering the art of silversmithing and am in the process of setting up a workshop to develop this craft further.

Life has not always been easy, and I have benefitted from the wisdom and guidance of others to help through some dark times.

These life experiences have taught me to listen and observe others and try to empathise and support where I can.

The opportunity to become a Mental Health First aider has helped me to develop skills so I hope I can offer constructive and sensitive support to anyone that might need it.

As I have often said, asking for help is a strength not a weakness and I think it is important to have people there to reach out to when that help is needed.

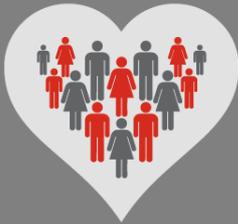
Email—christine.harvey@thera.co.uk

Telephone— 07809 195 902



Mental Health First Aider

MHFA England



Denise Cleaver

Hi my name is Denise,

I'm a family and friends person, heavily involved with my 5 granddaughters. Nothing I love more than having everyone around to our home, all together around the table enjoying good food and happy family times.

Mental health issues touch everyone's lives' at sometime and as an approachable, warm and compassionate person I wanted to not only further my understanding of how to help people during their difficult times but also to recognise the signs that people are struggling, and learn how to approach them in a friendly, comforting way and help them by listening to them and guiding and supporting them towards professional help if necessary.

I loved working as a part of a team on the course in a way that no online training could ever be. It was interesting to not only listen to the course leader but also to my colleagues who were a very engaged group, and as I'd hoped, I learnt so much about mental health issues not only in people's lives but also in the workplace also and the steps I can take to offer help and support confidently. In fact, I have already put this in to practice with someone that I know and have been able to encourage them to firstly open up and talk and then to assist and encourage them to talk to their doctor. Very rewarding indeed.

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Mental Health First Aider

MHFA England

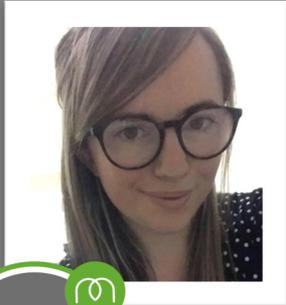




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Clare Waugh (Waughy)

Name: Clare Waugh (or Waughy to many)

Company: Ansar Projects

Length of Role: 7 years

A bit about me: I am the one behind the laptop who shuffles everything into the rota jigsaw. When not with my rota or being a Team Co-ordinator, I am a bit of a social butterfly! I enjoy socialising with my family and friends as well as travelling within the UK and abroad. As I am a born and bred farmers daughter from Cumbria who went to school with many different nationalities, I like to spend my free time visiting them all. I love a bit of outdoor adventure (even though I am scared of heights) and was the one on the skydiving poster who jumped out of a plane three years ago.

Why you wanted to be a MHFA: I offer refer to those in my management team as being like the jam in the sandwich as we are in a position where communicate with the largest amounts of people (like the bread) in terms of staff teams, families of those supported and teams at Grantham. With communicating with so many, becomes the opportunity to also pick up on struggles, help and then support those when they may be suffering with their Mental Health. A happy workforce makes for a happy and healthy workplace which in turn makes for happy supports. Within social care, the workforce spends large amounts of time at work so it is important MHFA is there and to be offered when needed.

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Telephone 07702 155042



Bilal Ahmed

Hi my name is Bilal Ahmed,

I have been with Ansar for nearly 5 years. I am a Dad to an 12 year old son and enjoy getting out and about with him whenever I can.

I also work closely with a homeless charity and in particular with LGBTQ+ youth who are homeless or living in a hostile environment.

Over the years I have dealt with many people struggling with their mental health and well-being so the opportunity to become a Mental Health First Aider gave me a chance to enhance my skills enabling me to know how to spot early signs and how to approach people in an empathetic way. I feel I am now much more equipped to offer assistance to anyone going through issues with their mental health both in and outside work.

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Phone - 07927 562258 or 07944 742244





I'M A

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Gail Connolly



Hi, my name is Gail.

I am a 60 year old woman, with a lot of experience in mental health. I am a good listener and enjoy problem solving and jigsaws. I have a warped sense of humour but would help anyone with an issue. I will always respond to a cry for help.

I have worked at ansar for 10 years and have loved every minute of the journey.

Please feel free to contact me on

Email—Gail.Connolly@thera.co.uk

Telephone—07515 051091



Further help and advice can be found at;

Mental Health and Wellbeing in Bury - www.healthwatchbury.co.uk

Every Mind Matters – www.nhs.uk/oneyou/every-mind-matters

Mental Health foundation - www.mentalhealth.org

Mind - www.mind.org.uk

EAP - Employee Assistance Programme -0800 174 319

Website - www.carefirst-lifestyle.co.uk

Username: Thera001

Password: Trust456

**IT'S OKAY TO
NOT BE OKAY**

