



ASD 'Service Spotlight' Profile recordings

Olusegun Oyediran (Olu) - Support Worker at Winslow, Nottinghamshire

Your experience in mental health: We'll it is quite interesting to be honest. I'm from Nigeria and when you say mental health to people from Nigeria we view that as you have a problem with your reasoning. We never had the facilities in Nigeria to look after people with mental health and challenging behaviour. My partner is a nurse and she got me into a job in a non-clinical area because I had a fear of going into a clinical role and seeing people struggling to cope. Working that role gave me the opportunity to experience what it was like to work with people with mental illness and challenging behaviour which led me to think that I had the right characteristics to help and so I applied to go into more of a clinical role.

Challenges in your role: When you talk about mental health, there is a lot of unnecessary historic stigma associated with it. Overtime you understand that these are people who are simply struggling to cope with life and their illness. We work with people who have challenging behaviour but who are also extremely vulnerable and who may have trauma that affects how they see the world. As someone working to support these people, you have to understand where they are coming from and why they are in the system. I find that really challenging, as you want to support them and be there for them, especially as they go through that recovery process. What I find interesting is working with someone who is struggling and when building a therapeutic relationship with them having to be mindful of your communication and your approaches. That can be challenging to ensure your intervention is positive.

What you most enjoy about your role: It's really fulfilling for me seeing someone struggling with a difficult part of their life and then being able to help them come through that. You are almost a role model to them and when you see them come through that period, you look back and can almost pat yourself on the back that you have really helped that person. As a team at Winslow and with the support of the manager, we are supported to learn new things and improve our nursing and leaderships skills for the benefit of the patients and ourselves. I really enjoy working here at Winslow, helping patients moving forward and finding new ways to build therapeutic relationships with them.

What is Winslow and how is it different from a hospital setting: Winslow is a community setting and this is where people prepare themselves for living independently in the community, sometime following a period in hospital. What we do as a team is all about supporting patients to build their confidence in the community, giving reassurance and supporting them at each stage as they need it.

Interesting/fun fact about yourself: I like talking to people and listening to people. I help my community a lot. I am one of the Directors of an organisation called African Corner notes. I am part of a group, which helps organise the Nottinghamshire Carnival. I am passionate about community services. So it's easy for me coming to Winslow and helping people as that's what I try to do. Going through the pandemic I worked with a lot of organisations distributing food packages, going from house to house, above and beyond for people, just trying to help people who are struggling in the African community. I enjoy doing that and I hope I have brought those skills into my work here, developing that active listening and communications skills, engaging with service users to help them move forward.



What are the main interventions used at Winslow: Winslow is a community, so each day you need to be adaptable to individual service user needs. That could be supporting a patient with personal hygiene, cooking skills, ADL (Activities of Daily living) skills. Our aim is to support people to live as independently as possible. We need to keep a positive 'can-do' attitude as on any given day, a service user may be having a difficult day and we are there to support them through that, de-escalating situations as quickly as possible using positive behavioural support. There are lots of activities available and service users access the community daily when they wish to, visiting the town centre. We have community events in our community room, which is nice for the service users.