

## Paula's Story

I had been out of work for nearly 2 years as I had been suffering from depression. During my time out of work, when I was feeling better I made use of my time by doing a computer course as I didn't want to go back to a sewing job, I gained the Clait and ECDL qualifications, as I wanted to make use of these qualifications I started to look for admin type work, I applied for a lot of jobs but I didn't get offered any interviews (probably due to the fact I had no experience in this type of work), My IBPA suggested I should see someone from Shaw Trust, which I did and after a few weeks Andrea told me of a position that was coming up at the tPCT and that she thought it would be a good opportunity. We sent off my CV and I waited to be invited for an interview.

The day of my interview arrived and I was petrified. I came for my interview and a few days later Sheila rang me to tell me that I had been successful. I must admit that during my first week I didn't buy a bus pass to get to and from work as I thought I wouldn't be able to do the job, but everyone was great and I didn't feel under any pressure to get everything right first time. Since working at the tPCT I have gained a lot, I've been on various training courses to help further my career, I now have more confidence and after being ill I feel I've finally come through the fog and I feel as though I've got a purpose now, I've got a new career, I can't put into words what this opportunity has done for me, not just work wise but for me personally.

My contract with the tPCT will come to an end on 6<sup>th</sup> April; I've applied for quite a few positions and I've had an interview for a position which I didn't get, but I have been offered a job within the same department which I should be able to start within a couple of weeks. None of this would have been possible if I hadn't been given the opportunity, help and support from the tPCT and all who work here. So onwards and upwards.

