

Susan's Story



For thirteen years I suffered from depression, life was a roller coaster sometimes "up" but always coming down again. In the early part of 2005 I was about as "up" as I ever got and I decided I needed a job, a goal in my life, but believe me that is easier said than done. I tried very hard to find a job but after quite some time this began to depress me even more. Another day another rejection, the barrier of depression at an interview is a very "high fence" to climb. The feeling that I can't face another look of "sorry you are not what we are looking for," when they really mean "how long will you last before you go off sick again" my answers screaming in my head saying "give me a chance to prove myself to you", but the words won't come, lack of confidence or low self-esteem both I think. Then one day hope seemed to come into my life, I was put forward for an interview for a "Health Care Support Worker" a course with on the job training, applications invited from people on "Incapacity Benefit". The interview was much more relaxed than previous ones because the people knew I had been ill and I did not feel I was being judged because of it. I was accepted on the course and so began a life changing opportunity, if that sounds over the top believe me it is not. I was given my chance. Of course I had my doubts at the start but with people supporting and believing in me from the "Teaching PCT", at home, and at work I started to believe in myself and slowly I took the first steps and began to climb that "high fence" Only four months down the line I am now jumping those fences and loving it. My life is now fulfilling, exciting and very rewarding. For the first time in thirteen years I do not take any anti-depressants at all, no more fear of failure, no more "hating me", and all because someone gave me that chance. I now work in a GP Practice for my work placement; I hold my own clinics, take responsibility for the re-calls in two Chronic Disease clinics. I assist in the Travel Vaccination Clinic whilst also taking responsibility for ordering, checking and rotating all the vaccinations. I assist the Practice Nurse and Doctors where needed and enjoy all of it. I recently spoke at a conference about my Experiences and answered questions after it. My confidence has improved dramatically not only at work but in my personal life as well, so many things are now enjoyable and I Look forward to each new day.

This is not just a training course it is a new way of life so many people could benefit as I Have and enjoy their lives and give so much to their community, I am so relieved I took The chance to do this and I do not regret one single minute, I have my life back and I Intend to keep it!! A big thank you to everyone for my chance, I now see the "fence" is not so high after all.

