

Amanda

Facilitator, Shaftesbury Mental Health Peer Support

I am in my 50s, married with two grown-up children (in their 20s)
I am a carer for my father who lives with me (in an annex to the house)

Diagnosis – Recurrent Depression and Generalised Anxiety Disorder with elements of PTSD. I have had depression on and off and from mild to severe since 1991. I have experience of various medications and talking therapies.

I also have Type 2 diabetes, chronic pain and mobility problems and other things! I have a lot of experience as an orthopaedic patient!

Graduated in 1995 from The Open University with BA (Hons) Biology including “Brain and Behaviour”, “Health and Disease” (multi-faculty), “Life and Death” (philosophy).

I have recently completed and passed a CACHE NVQ Level 2 Certificate in Awareness of Mental Health Problems

I have worked as a Childcare Worker at Children’s Centres and nurseries, a Medical Secretary, Administrator at a University and other places, Teaching Assistant, Welfare Rights worker and Clinical Coder among other things!

I love doing FutureLearn Courses and I have completed and obtained a certificate for the following:

2020

Food and Mood: Improving Mental Health through Diet and Nutrition, Deakin University
Good Brain, Bad Brain, Basics – University of Birmingham
Good Brain, Bad Brain: Parkinson’s disease – University of Birmingham
Good Brain, Bad Brain: Drug Origins – University of Birmingham
Allergies: When the Immune System Backfires – University of Basel
Food for Thought – EIT Food, Italy
What is a Mind? – University of Cape Town
Medicine and the Arts – University of Cape Town
Foundations in Dementia - University of Nottingham
Introduction to Psychology: The Psychology of Learning - Monash University

2019

Introduction to Psychology: Development of Psychology – Monash University
Introduction to Psychology: The History and Science of Psychology – Monash University
Introduction to Psychology: Biological Psychology – Monash University
Introduction to Psychology: The Psychology of Personality – Monash University
Introduction to Psychology: Sensation and Perception – Monash University
Understanding Autism: The University of Kent
Integrating Care: Depression, Anxiety and Physical Illness – King’s College London
MedTech: Exploring the Human Genome – University of Leeds
Understanding ADHD: Current Research and Practice – King’s College London
Music Psychology: Why does Bohemian Rhapsody feel so good? – Griffith University

I also love Recovery Education Courses and I have done the following:

2019

Change: Understanding the Stages of Recovery
Introducing Compassion
Advocacy
Fatigue Management
Understanding Dissociation
Emotion Management
Self-Management
Introduction to Spirituality
2018
Identifying with your Values
Sharing your Experiences
Introduction to Asperger's Syndrome (3 week course)
Mentally Healthy
Understanding Unusual Experiences
Exploring Identity
Peer Support Group Toolkit
5 Steps to Wellbeing
Mindful Living
2017
Introduction to Asperger's Syndrome (1 week course)
Managing Anxiety
Introducing Pain Management
Medication: Choice and Control
Finding Strength
Planning your Recovery
Perspectives on Mental Health
2016
Introducing Recovery
Understanding Depression and Anxiety

I worked for Dorset Mind for a few months and have done their induction training on Safeguarding and Mental Health Awareness.