CELEBRATE BLACK HISTORY MONTH

NHS
Somerset
NHS Foundation Trust

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As an individual, I am no stranger to cultures which are different from my own. After gaining years of experience as a qualified nursed in my own country, the Philippines, I went to continue to practice my profession and gain more expertise in Singapore for a couple more years before deciding to settle here in England.

I will never forget the first shop where I went to buy some winter clothing in town - I remember telling my sister how polite the teller was to me. My experience with my renting agency and the landlord of my first flat here in Taunton was exceptional too. These are just two of the many good things I've encountered while living in Somerset. There were a few not so great experiences, but the good still out weights it all.

I'm amazed at work when I was told it's OK to call senior members of staff by their names – like our ward sisters, and even our matrons. They even preferred to be addressed by their given names which I found surprising at first, but later comforting.

Colleagues at Somerset FT are encouraged to speak up and be vocal about issues that matters – I find it very empowering. I'm thankful to the trust for giving me the opportunity and to my line managers for trusting me with my secondment role as clinical skills facilitator.

The positive changes I want to see in the NHS in the next five years include more accessible and well-informed colleague wellbeing. This could include more freedom to speak openly in a committee or board about colleague wellbeing concerns, access to colleague benefits, support with property renting, debriefing sessions after a difficult situations on the ward and more continuous learning development programmes for colleagues.