



Kirsty Trimming

I Enjoy.....

Reading

Listening to music

Being a voice for others

Helping others

What is important to me

That I know where I have to travel from to and I know what I'm doing.

Having the right information.

My Experience

I am a person with lived experience.

I have worked as an Expert Adviser for about 2 years and have taken part in Care and Treatment Reviews and other work in the Transforming Care Programme.

My Skills and Knowledge

I have completed my:

- Diploma level 2 in health social care
- Level 2 in autism awareness
- Level 2 learning disabilities
- Level 2 challenging behaviours

I am doing my Diploma level 3.

I am good at listening and able to see the bigger picture.

I think about what I've been through and how the other person might be feeling.

What people say about me

Good listener

Patience, understanding

I am calm, chilled, thoughtful, punctual, reliable, problem solver, observant.