



Courtney Cooper

I Enjoy...

- Going on adventures with my family.
- Listening to audiobooks.
- Creating poetry about life experiences.
- Cooking and creating my own recipes.
- Learning new things.

What is important to me...

- People having a voice
- For everyone to live the best life possible.
- Honesty and self-reflection.
- I embrace changes as opportunities for growth.

My Experience

- I have worked in Advocacy promoting independence, voice, social justice and equality.
- Supporting people through the Criminal Justice System through restorative justice and medication practices.
- My husband is autistic.
- Family carer for a person detained under the Mental Health Act.

What people say about me...

- I am passionate about helping people.
- I am enthusiastic
- I will respectfully challenge and hold people accountable.
- I am friendly and approachable.

My Skills and Knowledge

- I am strong listener.
- I am an effective communicator and have confidence in using different communication methods.
- I am knowledge about different disabilities and health inequalities.
- I am knowledgeable about legislation, safeguarding and human rights.