

Student number: 2325619

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My Professional Journey

One of my favourite things to do is cook for my family and spend quality time with them and close friends. My home is never empty, there's always someone visiting, and I've always had a strong sense of community around me. That environment of care and connection has shaped who I am, both in my personal life and at work.

My name is Mariama Ceesay and I started my journey in healthcare over ten years ago. I first worked as a housekeeper for the NHS for about six years. During that time, I learned how important cleanliness and infection control are in a hospital. It also showed me how every role in healthcare plays a part in looking after patients. It gave me a strong base and helped me understand how things work behind the scenes.

After housekeeping I was offered a role as a ward-based caterer, which I did for another six years. Being on the ward meant I had more contact with patients, and I realised how much I enjoyed that side of the job. I started thinking about moving into a more hands-on caring role where I could make a bigger difference.

That's when I decided to take essential skills training so I could become a healthcare assistant. I passed the course and started working as a healthcare assistant in 2021. Since then, I've been working closely with nurses and supporting patients directly. It's been really rewarding, and I've learnt so much, from taking observations to helping with personal care and offering emotional support.

To help me grow in the role I completed a certificate in care, which gave me more knowledge and confidence. I'm now studying to become a healthcare practitioner, and my goal is to go further and train as a nurse. Nursing has always been a dream of mine and I'm proud of how far I've come.

It hasn't always been easy balancing work, study and home life, but I'm driven by the difference I can make. I think the different roles I've had, from housekeeping to catering to patient care, have given me a well-rounded view of healthcare and how important teamwork is.

Outside of work I still love cooking and spending time with friends and family. I enjoy being outdoors and staying connected to the people around me. I've always cared about others, and I bring that same energy into my work every day.

