

UNIVERSITY OF WALES TRINITY SAINT DAVID

**Changemakers: Building Your Personal Brand for Sustainable
Employment
E-Portfolio**



4th November 2022

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Module Code: BMHP5015

Assignment Section: Task_1

Lecture's Name: Kennedy Obohwemu

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Introduction

This module required the creation of an e-portfolio in to persuade a TV channel to accept our proposal for a new programme.

First, I will be elaborating on my Personal Statement. Then, will create my CV to explain my Skills and Experience that I got.

Finally, will produce the PITCH to convene the company to accept my program TV, related a Mental Health Diseases.

PERSONAL STATEMENT

Birmingham Campus
636A Stratford Road, Sparkhill, B11 4AR

Dear admissions,

In 2018, I decided to move to England. I made this decision because I would like to continue my studies and live a different life from the country where I was. One of the things that motivated me most was my passion for learning a new language. Living in the UK gave me this kind of opportunity, and I could grow and provide a better future for my family.

Currently, I am working in a clothing company and studying English at South & City College in Birmingham. I have a taste for research, and I love to read, write, swim, and take care of people. In the future, I hope to come to work in the health sector and be able to help people with their diseases and health conditions.

I chose to apply for BSc in Health and Social Care in Health Science at my intended (UWTSD) University of Wales Trinity Saint David (Birmingham) because of its reputation and because they hold various subjects which make them one of the best universities in Birmingham. I went to school in my country, and I finished secondary school in a different area with good grades, but since I came to the UK, I realised that area of health is the best for me. I am aware of the challenges that I will face by going for another subject, however, I am sure that I will be able to achieve good results in the end, as I will do my best to achieve it.

I am excited about the idea to start studying Certificate of Higher Education Skills (CERTHE) Skills for the Workplace (Health and Social Care) because I will be able to study very broad subjects that are designed to prepare me for a range of courses in the health sector, and not just one in particular

This Degree course caught my attention because; it is the course that will be always essential for society. If I get an opportunity to work in this area, I will be able to contribute to protecting, helping, and preventing people's health and keeping them safe, directly, and indirectly within the society itself. So, I strongly believe that this is the perfect choice for me as I love to work with people.

I also believe that UWTSD – University of Wales Trinity Saint David (Birmingham) is the best for me to achieve this goal because as I said previously, their location is excellent, and it benefits me because it is the heart of Birmingham. Also, they promote and embedding of a dual-sector education system which educates learners of all ages and backgrounds and stimulates economic development in their region, across Wales and all UK, offering educational programmes that develop entrepreneurial and creative skills, enabling learners to have the best opportunities to gain employment and to contribute to the prosperity of their communities. So, I feel very confident to go to this university.

After finishing this course, I intend to work in a hospital or a health centre and give my apprehended contribution, to improve their services and fight to grow in the market, always trying to protect patients.

Thank you for reading my letter.

Kind Regards
Miller Avelino

Miller Avelino

CONTACTS

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SKILLS

- **Quick Learner:** Applies all the learned information in each situation. Excellent listening and analytical skills.
- **Time management:** Prioritising the most sensitive tasks according to requirements.
- **Communication:** Cultivates working relationships with clients.
- **Data Input:** Handle email enquiries and insert client data into the software.
- **Creative:** Ability to create, invent and develop original ideas.
- **Teamwork:** Collaborative, working in a team increases job satisfaction.

LANGUAGES

Portuguese	● ● ● ● ● ○
English	● ● ● ● ● ●
Crioulo	● ● ● ● ● ●
Spanish	● ● ● ● ○ ○

HOBBIE

As an active sociable individual, I enjoy staying fit by taking swimming classes and going gym in my spare time. Also, like to increase in learning by reading books. Being a fluent trilingual I enjoy travelling, and meeting new people from different backgrounds and ethnicities, it promotes cultural diversity and increases my knowledge of different cultures.

A highly focused and conscientious support worker with experience who is extremely organized and skilled at balancing client needs in medical and personal capabilities. Able to adapt to the wide range of situations that may arise and comfortable working independently or as part of a team. Self-motivated, BSc Health and Social Care student with proven time management and teamwork skills. Proficient in MS Word and MS Excel, with excellent interpersonal skills, communication skills. Looking for an opportunity to embark on a new journey, taking on new challenges to develop my understanding of the health sector, while gaining new skills and putting those I already have to good use.

EXPERIENCE

RK STYLES LIMITED March 2019 to Current
Warehouse Operative

The role included ensuring that all goods loaded or unloaded matched the relevant documentation. Also, doing picking and packing, reporting any suspicious activity at the work Store and rotating inventory according to established procedures.

Report any damaged or missing goods to Warehouse Managers or Supervisors. Follow health and safety rules in the workplace when handling goods
Ensure efficient operations by adhering to operating procedures, rules, and schedules.

Inmind Healthcare October 2018 to March 2019
Mental Health and Support Work

Role included assisting clients to live their lives more independently and supporting them to reach their potential by providing both physical and emotional support and administering medication. Keep clients' medical, personal and treatment plan records safely stored on care management software. De-escalated violent, aggressive, and threatening behaviour. Coached clients to implement life-changing behaviours, demonstrating empathy and active listening skills. Also, developed trusting relationships with service users by providing friendly, calming environments

BLC3 - Portugal June 2016 to July 2017
Work Placement

Role included studies of products and chemical reagents in the laboratory, preparation of laboratory manual and security.

*Planning, setting up and undertaking controlled experiments and trials.
Recording and analysing data and demonstrating final procedures.*

EDUCATIONS

Health and Social Care BSc *2022 to Current*

Bachelor of Science Degree

UWTSD, *Birmingham*

Modules Included: Children Young People and Families, Principles of Health and Social Care Practice, Introduction of Physiology.

CetHE Skills for the Workplace *2021-2022*

H&Sc 120 credits

UWTSD

English ESOL *2019-2021*

Reading and Writing

South & City College Birmingham

English ESOL *January 2019- July 2019*

Speaking and Listening

Walsall College

CERTIFICATES

- CetHE Skills for the Workplace Health and Social Care

REFERENCES

References available upon request.

PITCH

Mental Health Awareness Week

Overview

As we know, now a day's so many young people suffer from Mental Health diseases because they are more venerable people, basically, we are the end of the year. Soon will be in May, and in preparation for **Mental Health Awareness Week**. Then, I would like to request the opportunity to have this dreadful as the subject area of discussion on BBC iPlayer Mental Health Chanel, which is a channel that is available for everyone to feel comfortable exposing their situation that has passed. Last year, a team from Imperial College London surveyed the mental health of over 350,000 people across the UK in cooperation with the BBC.

The following request is for 3 episodes to be aired, a duration of 10 minutes slot between the 8th to 12th of May to be dedicated to the topic. The main of the programme is a debate and conversation about the Means, **Causes, Symptoms**, and how to **manage (prevention)** the disease. I hope I can bring more knowledge by speaking about Mental Health and how it happens and affects young people suffering from this disease in the UK every day of their life. Share Knowledge is so important and making young people alert on a greater scale via a programme TV, which does have a larger audience of people, what better way to create awareness among thousands and thousands of young people who tune in every day to BBC iPlayer. The BBC iPlayer Health programme contains economic, political, societies advance therefore the panel usually will have those who want to interact join it by phone call to share their past situation and have a better understanding of certain subjects or give any ideas relating to Mental Health (Mental Health Foundation, 2022). The outcome of this possible broadcast on this show would be so beneficial for the forward.



(Mental Health Speakers, 2021)

TV PROGRAMME PLAN

Episode 1
Presentation of the topic
and its means

Mental Health Awareness Week
8th – 10th – 12th May 2023
Coordinated: Miller Avelino (2025206)

Main Characters

Monday 8th May – Episode 1
18:30 pm – 18:40 pm
Time – 10 Minutes

In this first episode, an introduction and explanation of Mental Health diseases will be presented in accordance with National Health Services (NHS) (2022).

There is no health if a person suffers from a mental health illness condition, which means being in a positive mental and physical state, feeling safe, and capable of dealing with a sense of connection with people, society, and the environment. One in every five adults and one in every ten children suffer from mental illness, and many more of us know and care for those who do (NHS 2019).

According to NHS (2022), said that it is a disease that affects over 677.000 young in the UK, but it is treatable, as there may be something that bothers you emotionally and physically.



Vicky McNally, with 25 years of experience, is the Director of Corporate Governance at one of the UK's largest independent mental health service providers. (Health Care, 2021).

Episode 2 Symptoms and Causes of Mental Health

Wednesday 10th May – Episode 2

18:30 pm – 18:40 pm

Time – 10 Minutes

In this section, the forum will continue mentioning the symptoms and causes of this disease.

Symptoms:

According to the World Health Organization (2022), you should seek medical attention if you have significant tiredness, low energy, difficulty sleeping, fears, increased anxiety, or extreme feelings of guilt. The primary symptoms of a mental illness are extreme emotional swings and ups and downs.

Causes:

Lack of sleep, emotional exhaustion, child abuse, trauma or neglect, social isolation or loneliness, discrimination, and stigma, including racism, social disadvantage, poverty or debt, and sadness (having lost somebody else nearer to you) are all causes of this disease (Mind, 2019).

Main Characters



Grace Victoria is an excellent nurse who works at Birmingham Children's Hospital and has a good relationship with all her patients; she is knowledgeable about the causes and symptoms of Mental Health and Young Minds.

Episode 3
Summary and Provide of
alternatives and precautions

Friday 12th May – Episode 2

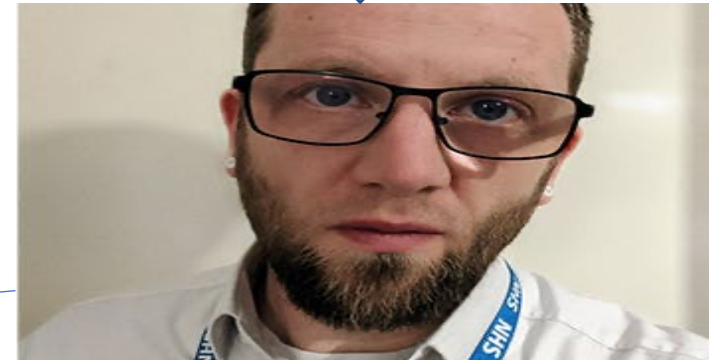
18:30 pm – 18:40 pm

Time – 10 Minutes

In this section, the forum will provide a brief review of all the topics covered in previous episodes. Also, provide an idea of precautions and some alternatives that they can follow, emphasizing the importance of seeking help from psychology and the NHS. Finally, Also, the forum will explain why this type of TV programme should exist for young people.

Recognizing that anyone can suffer from a mental health problem, NHS organizations are open to all because they prioritized employees' well-being and health by improving performance, improving care, improving worker retention, and lowering sickness absence rates (Boorman, 2009).

Main Characters



Alumnus Ed he is Mental Health Nursing in Coventry. During in the Covid-19 pandemic, he was very important in mental health services, talking to and helping many patients, and sharing his knowledge on how to support people around him with a mental crisis. (Birmingham City University, 2021).

Young Minds' mission is to find help thousands of families by advising and supporting them in understanding their children's day-to-day behaviour and ensuring that the appropriate help is provided because youngsters and teenagers with mental health issues are central to everything we do.



(Young Mind, 2022)

Mental Health Key Points

Mental health problems are becoming more common among children and adolescents. According to a study realised by mental health services, from people aged 6 to 16 in England, like was mentioned before that they are more venerable people, one in every six will have a probable mental health condition in 2021, up from one in every nine in 2017. The numbers of adolescent girls aged 17 to 19 years old were more concerning, with one in every four having a probable health condition in 2021 (Health UK, 2022).

Why Channel BBC iPlayer

I chose it because on this channel, anyone can watch all TV channels online, and nearly all programmes are available to watch for a short time after they have been broadcast. They also curate shows from the BBC archives and provide live events as well as online exclusives. Then, if you missed a programme, you can watch it again at any time.

Also, they have too many documentaries about mental health shared for people to watch, I hope my program will be essential to improve and helping people who frequently suffer from this disease.

CONTACTING

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