

Kerry Rush – Therapeutic Work

Employment

Sept 2016 – April 2018, Streetwork UK, Holyrood Hub, Relief Practitioner

Working in a busy hub where service users' needs are unique to their circumstances meant no shift was the same. In the role of practitioner, I spent time working one-to-one with service users, listening, and sign-posting and making referrals to relevant organisations such as a food banks, the Edinburgh Clothing Store and the Edinburgh Fund. I also supported service users with applications for benefits such as Personal Independence Payment, Employment and Support Allowance and Jobseekers Allowance. At other times my role was to facilitate and ensure the fair usage of the hygiene and laundry facilities.

Voluntary Work

Dec 2012 – Present, Crisis, Crisis at Christmas:

Christmas 2018, 'I am...' Workshop Facilitator, Edinburgh Day Centre

Christmas 2017, 'I am...' Workshop Facilitator, Edinburgh Day Centre

Christmas 2016, Befriender, Edinburgh Day Centre

Christmas 2015, Befriender, South London Women's Centre

Christmas 2014, General Volunteer, North London Night Shelter

Christmas 2012, General Volunteer, South London Day Centre

As a general volunteer I did anything from cleaning toilets to engaging guests with the many activities on offer. After receiving my certificate in counselling skills I was able to volunteer as a befriender. I listened to guests often experiencing loneliness and/or challenging emotions. Christmas 2017 marked the first year I volunteered as a workshop facilitator, facilitating the creative 'I am...' workshop, a workshop exploring the self and self-identification.

Feb 2017 – April 2018, Vintage Vibes/LGBT Health and Wellbeing, Befriender

My befriender suffers from a number of medical conditions that made leaving their flat challenging at times and as such our time together was a mix of home visits and trips to Edinburgh's coffee shops and cafes. My befriender and I spent time chatting about art and life, and on occasion I would escort them to health and wellbeing appointments.

Oct 2016 – Aug 2017, University of Edinburgh, Class Representative for Postgraduate Certificate in Counselling

As class representative, I was responsible for encouraging and engaging my class in conversation about any difficulties being experienced, any suggestions for improvements, and positive feedback students wanted the faculty to be made aware of. I would take the information and anonymously feedback at regular student representative meetings with student reps, teachers, and administrative staff.

June 2015 – July 2016, Chance UK, Child Mentor

After successfully completing Chance UK's solution focused training, I started to build a one-year mentoring relationship with a nine-year-old experiencing behavioural difficulties. My role involved planning and organising weekly mentoring sessions that encouraged and supported my mentee in their participation of health and wellbeing activities such as art and swimming, ultimately working towards improving their ability to focus and concentrate during school classes. I was also responsible for writing and sending weekly mentor reports to my supervisor highlighting what skills and strengths were focused on and why I chose the activity for the session, any challenges, if any extra support was required and a session analysis. The reports were then followed up with monthly face to face supervision that included discussing what went well, what did not go well and if there were any safeguarding concerns.

Education and Training

01/2019 Stonewall Scotland, School Role Models Programme

09/2018 CliniQ, Trans Sexual Health Training

07/2018 Place2Be, Volunteer Introductory Workshop and Safeguarding Workshop

03/2018 Stonewall Scotland, Bi Role Models Programme

09/2017 - 08/2020 University of Edinburgh, Postgraduate Diploma in Counselling

09/2016 – 05/2017 University of Edinburgh, Postgraduate Certificate in Counselling

11/2017 Vintage Vibes/Moonbeam Adult First Aid Training

11/2017 Streetwork UK/NHS Lothian, Injecting Equipment Provision - Substance Misuse and Harm Reduction Training

11/2016 LGBT+ Health and Wellbeing Befriender Training

06/2016 Chance UK, Child Mentor Training

09/2015 – 02/2016 City and Islington College, Counselling Studies, CPCAB Level 3

02/2015 – 07/2015 City and Islington College, Counselling Skills, CPCAB Level 2