

Mental Health First Aiders



Claire Powell



Kyla Hamlyn



Caroline Leng



Sharon Taylor-Watson



Zoe Floate



Kris Lord



Beth Cairns



Kerry Robson



Lyndsey Egholm

**For help and support, email mhfa.ppc@tvc.ac.uk
Refer to the rota for staff on duty.**



Mental Health First Aiders



Beth Royal



Aimee Marsay



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Refer to the rota for staff on duty.**



Beth Cairns



Victoria Wilson

Mental Health First Aider

Kyla Hamlyn

"Hi, I'm Kyla and I am a mental health first aider. I teach Health & Social Care and have good knowledge of mental health. My hobbies include walking my dog and spending time with family. Whenever you need to talk, I'm here to listen. I want to create a culture in college where people feel comfortable to talk. My door is always open."



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Mental Health First Aider

Caroline Leng

"I am the Executive Secretary working for the Principal across both college sites. I hope that my role as a MHFA will enable me to continue to support colleagues but in a more rounded and beneficial way according to their individual circumstances.

On a personal note, I am 39 years young, I enjoy history podcasts, decorating and doing crafts with my boys."



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Mental Health First Aider Claire Powell

"Within my role as Faculty Secretary, there are often times when staff members need someone to talk to, therefore I was really interested in becoming a Mental Health First Aider to provide the best support I can.

I hope to provide a safe space for people to come along and talk to me and I can help to direct to the most appropriate support."



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Mental Health First Aider

Lyndsey Egholm

"I am a mother to two little boys and have been married for 4 years. I am a HLTA in Strive which is a social, emotional mental health unit located in college delivering English Language and English Literature. I run a youth club for children aged 5-11. We are a very outdoors family frequently going for walks and helping at litter picking events in our local area".



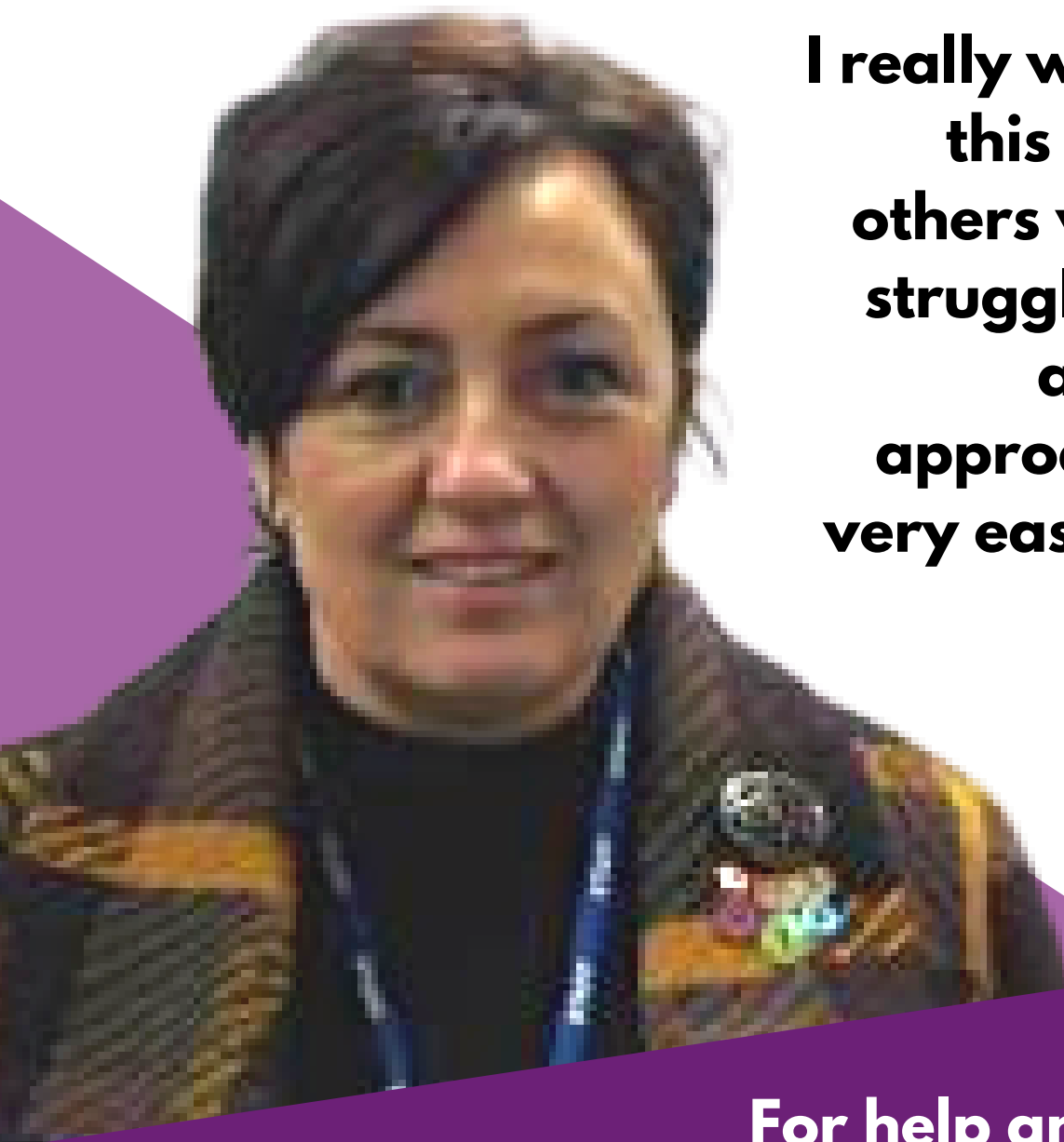
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Mental Health First Aider Sharon Taylor-Watson

"I enjoy long walks with my whippets, movie nights, karaoke and fitness. We, as a family, have been through a lot of bereavement and the accompanied stress and negative mental health associated with that.

I really wanted to do this role, to help others who may be struggling. I think I am sensitive, approachable and very easy to talk to"



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Mental Health First Aider

Zoe Floate

"I work part time in the Biology department. Outside of work I have a young and energetic daughter, have recently qualified as a yoga teacher and I also care for a lady with dementia twice a week.

I am passionate about improving people's mental health and hope I can help in any way that is needed."



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Mental Health First Aider

Kerry Robson

"As a DFM and subject teacher I have supported many students and staff members in looking after their mental well being in many different ways. I am empathetic, caring, always have a friendly smile on my face and pride myself on being very approachable. To ensure my own mental well being, I regularly go the to the gym and love walking my dogs. As a Mental Health First Aider, I hope to be able to provide support and care for anyone who may need



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College

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Mental Health First Aider

Kris Lord

Deputy faculty manager with Resolution Faculty and media teacher.

"Outside of college, I like spending time with family and walking with my dog. As a family, we own a dance school. I enjoy teaching drama outside of work and directing musicals and plays (and sometimes acting myself). I am an avid cook and enjoy learning and cooking food from around the world."



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Mental Health First Aider

Beth Cairns

"My name is Beth and I am the Careers Co-ordinator for the Trust. In my spare time, I enjoy reading and singing. I have been a Mental Health First aider for many years and know how important it is to just talk sometimes.

My door is always open, and I welcome anyone, no matter how big or small the problem, feeling or conversation may be, to come in and chat anytime."



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Mental Health First Aider

Aimee Marsay

"I regularly interact with teachers from all levels, many of my colleagues are looking for a welcoming ear. Most people will suffer with a mental health problem during their life. The stigma around mental health is slowly changing but people are still reluctant to seek support. This is why I wanted to become a mental health first aider. I hope I can help my colleagues when they need me."



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Mental Health First Aider

Victoria Wilson

"My name's Vicki and I work for Endeavour (SEMH pre-16) as an English teacher and HLTA.

I'm 32 and I live with my partner (soon to be husband) Jake and our two year old son Isaac. I have two dogs and two horses.

I love spending time with family, competing at local and county shows with my horses and playing saxophone"



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Mental Health First Aider

Beth Royal

My name is Beth, I've worked at the Stockton site for 5 years now and am based in Endeavour pre-16 SEMH as a HLTA. I'm 27 and live locally with my partner and little girl who is 2.

I enjoy bingo, arts and crafts, meals out, long drives and anything that isn't too active. I can stretch to a beach walk if I get cake at the end of it.



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