

Nominee's Name:

Sylvia Parker

Organisation Name:

Active Tameside

Your Nominee's place of work:

Active Tameside

Please provide a narrative (600 words max) about your nominee in the space below:

Sylvia works as part of Active Tameside's Everybody Can, Supported Services Day Care Provision which offers adults with additional needs or a disability the opportunity to learn skills and sample new experience through various activities with great emphasis placed on creating a pathway to independence, improving life skills and developing people holistically, providing all with the support they need to grow and achieve their potential. Her job is made up of various roles, including support in all activities, feeding and providing personal care. Sylvia also supports adults with learning disabilities to access short breaks away from home and last years accompanied a group to Yorkshire Dales and the trip included first attempts at Gorge walking, zip wire and abseiling.

On Monday 30th October 2017, Sylvia unfortunately suffered from an acute stroke, most people aged 66 would think working life would be over, not Sylvia.

Due to Sylvia's passion she instead saw this simply as a barrier she needed to overcome, setting herself an ambitious goal of returning to work as soon as possible. Therefore, on Monday 15th January 2018, against the opinions of many others, Sylvia, did in fact, return to work, despite still having weakness down the right side of her body and becoming exhausted easily, albeit on reduced hours.

Not satisfied enough she set sights on her next target, to be able to return to work, supporting some of the more complexed adults in 1:1 swimming sessions (this she was advised not to do at the start). This was achieved on Monday 12th March 2018 as Sylvia was past fit enough to return to swimming and providing personal care duties. Sylvia continues on her path to full recovery and whilst still working on reduced hours, is hoping to return to full time in the next month.

We believe that Sylvia's recovery has been aided by her active lifestyle, positive attitude and determination to return to work that she loves. All this work as been carried out with support from NHS stroke nurses and unit throughout the process.

