

- Diversity in Healthcare – My Experience
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Introduction



First Days

- Received my job offer in 2018 I felt incredibly proud
- The NHS is respected worldwide for caring for people from all background
- Starting a new role was exiting but also challenging
- Everything was new: systems, language, processes and local ways of working
- I wanted to learn, contribute and earn the trust of my colleagues



**Starting a new job is challenging for anyone.
Starting in a new country is even more challenging.**

Everything happens at once.



Team working and Support

- Many colleagues supported me during my first weeks and months
- They answered questions, shared knowledge and showed patience
- Their encouragement helped build my confidence
- They taught me not only how to do my job safely but also to work effectively as part of a team.
- Small act of support can have a lasting impact on someone's experience



Unwanted

- Feeling unwanted is not an easy weight to carry; it slows everything down
- It is like an illness that affects appetite
- It affects learning and progressing to next level
- Makes it difficult to communicate as team
- Can lead to stress and even depression



Belonging

- Feeling welcomed helps people settle and succeed
- Belonging is created through everyday actions and interactions
- Every member of staff have the ability to share another person's experience
- Inclusion, respect, kindness, strengthen our teams and organisation; the support we offer today can make a lasting difference some one else tomorrow.

People asked why I stayed

The answer is simple

Because I believe in the NHS.

One of the greatest
sources of encouragement
has been our **patients.**



Diversity makes the NHS stronger.



The importance of support networks

- Support networks matter because they remind people that they are not alone.
- Sometimes simply talking to someone who understands your experience changes everything.
- You realise your feelings are valid. You begin rebuilding confidence.



What we can all do?



Thank you

Listening, learning and improving together

