

# LEARNER IN FOCUS

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Interview with  
Paul Clarke.  
Distance  
Learning course  
completer



Paul Clarke or 'Tuppy' to his friends, decided that during lockdown he would take the opportunity of some extra time in his day to complete a Level 2 Certificate in Mental Health Awareness. He gave us a few minutes out of his now much busier schedule to tell us about his experience.

### Why did you chose to do this qualification?

It became apparent to me in lock down, that a lot of people were suffering or had the potential to suffer with mental health issues. As a parent and a football manager I was particularly concerned at how this could effect my kids and the kids I work with through football. I also have a personal interest, as my Mum is suffering with dementia. In lock down she was moved into a care home and I wanted to find out more about this illness and how we could support her.

### How do you feel you have benefitted from doing the qualification?

I feel I have a greater understanding of the different types of mental health issues. It has made me realise that it is so important to talk about mental health. To look after our own and that of those around us. It made me understand what Mum was going through, especially at a time where I couldn't be with her.

### How did you find out about it?

I was contacted by KEITS.



*Pictured: 'Tuppy' Hard at work*



*Pictured: Certificate in hand*

### What next for you and your future?

I will continue running my own business and being involved in football. Hopefully when I can start visiting my mum more frequently I will be able to be more supportive for her. I can also explain to my boys about dementia and help them to see why Gran may seem different.

### What would you say to someone who is thinking of doing the this course?

I would say do it. It is so interesting. Mental health issues can effect any one of us at any time and it is not a taboo subject. I would particularly encourage more males to be open to talking about their mental health. As the dad of two boys I always want them to know that they should and can talk!