



Victoria  
Metcalfe



### What people appreciate about me

- Positive
- Caring and supportive
- Knowledgeable
- Inspirational
- Amusing and fun

### What is important to me

- Being with my partner, just being 'with' when we are together and staying in touch by text and telephone when we are not
- Knowing my Mum is well, safe and happy is very important
- Going to our place on the edge of the cliff in Northumberland, I must see the sea
- Spending time walking on the beach and looking for and at wildlife
- I love reading English crime books
- My job and making a positive difference by educating people to understand older people are not broken adults
- Having a sense of control, I need to be organised in advance about everything
- Having lots of creative things to do, I can become bored quickly, lots to do gives me energy
- Being tidy, clean and smart the opposite makes me feel uneasy

### How to support me at work

- Know that I internally panic at surprises so if possible give me as much notice as you can
- I function from lists so I need to write things down if they are going to happen
- I enjoy being involved in lots of things but if I feel overwhelmed it will affect me physically, check out if I really do have the capacity and time
- I appear very confident but I am personally quite shy and private so don't ask me very personal questions unless I know you well
- I must not be late as this will cause me distress, give me time to recover if transport issues have made me late
- My natural inclination is to try to help others and try to solve everyone's issues and problems so beware of what you tell me
- I am sensitive to atmospheres and moods of others so don't tell me everything is alright if it's not as this will make me feel anxious