

## **Jane's Reflective Account**

Dear Team Leader,

Firstly, I need to take the opportunity to deeply apologise for the circumstances that I have placed myself in by carrying out work for another Trust while on sick leave. I overlooked the fact that this would be a serious issue due to the circumstances that I believed I was in at time; a lot of which I must say is hard to recollect as it was a very fervent period for me. Upon returning to work, in January following the Christmas holidays, I was going through one of the most stressful and degrading periods of my life (as is on record).

After a matter of weeks I had come to the conclusion that the only way to safely protect myself was to leave the Trust and hand in my notice.

I took a few shifts for sanity sake with my other Trust, which at the time was more focused on could I do this rather than accepting failure

At this point at the end of June feeling more of myself and knowing I was going back to work, with dates organised by my Service Manager in Mersey Care, I picked up some shifts with another Trust, predominantly to make sure I could handle going back to work again, but also due to being on half pay and in financial hardship, I needed to start increasing my income. In hindsight this was a very foolish thing for me to do and I would never put myself knowingly in this position again.

I hope for all those concerns that this can be dealt with in the most appropriate manner. My Mental health has improved significantly and consequently so has my physical health and I today am really enjoying my role within Mersey Care and my new team.

My deepest apologies.

Jane