



Hiya

We were where you are right now – when you first start 12 months seems like a really long time but it does fly over. It will be over before you know it. The 12 months will be filled with opportunities to Learn and develop as a professional. There is not one path when it comes to social work, there is different paths which it may take you. It is important to build relationship with others, reach out to people and make connections, because these people will support you and help you throughout your journey.

Just remember we don't know everything, and we are only ONE person, even 12 months in, we still recognise we don't know everything, it would be impossible, and we don't think we will know everything even now.

Each family is different, and this will be brought with lots of challenges – but this is a learning experience, and you will develop throughout your ASYE even before you realise it. It's so important to reflect on situations, especially if this has challenged your practice.

Gateshead is a unique local authority where different professionals work together even in different teams to support each other.

Just remember – think about your wellbeing, try and find a good work balance, bad habits appear, for example working late can turn from one night into multiple nights. Learn to protect yourself and put them boundaries in, because the most important thing in social work is YOU!!

From the last cohort.

Love Beth, George and Courtney