

Case Study

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What did you hope to learn from your placement at Public Health Wales?

I wanted to experience what it was like working within a Health Improvement team and determine if it was the future career that I wanted to work towards and if so, find out by speaking to the workforce about how to get a career within Public Health Wales.

Do you feel your placement has given you a better understanding of the work that is undertaken in Public Health Wales?

Absolutely. The placement was so varied, my supervisor (Helen Griffith) went out of her way to form a timetable of meetings/activities going on within Public Health. This allowed to see how diverse Public Health was and allowed me to develop my personal interests within the field of Public Health.

What did you find most interesting?

I really enjoyed my placement and found everyday interesting and varied. I particularly enjoyed visiting the food outlets in the UHW and Llandough hospital, ensuring that 75% of food on offer, could be considered healthy. We were also able to briefly meet the Chef at the UHB and other important key players.

I had the opportunity to do some work in relation to dementia, which I found highly rewarding, working alongside National Resources Wales regarding designing a dementia friendly walk which was very fascinating and receiving the 'dementia friends' training I found to be personally very rewarding and I was able to expand on my knowledge of dementia and the effects associated with the condition.

Sitting in on smoking cessation meetings, a 1:1 session and a group, I found to be very interesting and got to observe first-hand the skill of motivational listening.

I had many opportunities to sit in on meetings which I was able to take minutes for. This helped me to develop my personal skills further and feel involved.

Overall, the placement was brilliant. All staff made such an effort to involve me in possible opportunities and were always happy to engage in discussions with me. I was made to feel incredibly welcome and this really aided my confidence in taking full advantage of the opportunities placement threw at me.

What did you find least interesting?

I genuinely found my experience with the team enjoyable at all times. When there was no work available for me to get involved with, I was provided with reading materials and

given access to a computer. There was never a moment that I felt bored, or uncomfortable – I really enjoyed this opportunity.

Do you feel people were polite to you?

Helen Griffith ensured to introduce me to the whole of the Public Health Team and anyone else I came across during my work. This made me feel comfortable and really welcomed me into the team. All staff members were very hospitable, and this did not differ from job descriptions. Everybody was so friendly and always answered any questions I had, without ever making me feel silly.

Do you feel that you were given all the information you needed?

All staff members went above and beyond to give me relevant information. For example, before entering into a meeting I would be fully briefed on the agenda and I was given a timetable of everything I was going to be involved with/doing during my placement, which was great!

Has your placement influenced your choice of career in any way?

Attending the placement made it clear to me that I wanted a career within Public Health and since completing my placement I have applied for a master's in Public Health.

Any other comments?

My placement was highly rewarding, and I will forever be grateful for the opportunity. Helen Griffith went above and beyond to ensure I could experience an array of different work going on within Public Health and really motivated me to continue working hard towards one day, getting a career within Public Health.