

Purple Network video transcript

0:00:00.320,0:00:07.600

I am neurodiverse and an ally. I'm queer and neurodiverse. I am a working carer. I have a

0:00:07.600,0:00:13.280

brain injury. I have ADHD. I am an ally. I think the most important element of

0:00:13.280,0:00:19.280

having a purple network at Berkshire Healthcare is that of visibility. I feel seen and valued as a

0:00:19.280,0:00:24.480

disabled member of staff. I was diagnosed with a significant hearing loss about 14 years

0:00:24.480,0:00:29.920

ago. my manager worked with me to move clinical rooms so that I now work in rooms with

0:00:29.920,0:00:35.280

patients where there's no background noise. So, I was really keen to support the Purple Network

0:00:35.280,0:00:41.120

um because I am a working carer. So, I try and support my parents who are in their 80s and

0:00:41.120,0:00:46.240

also my father-in-law who's had significant mental health issues. I joined the Pride and

0:00:46.240,0:00:51.520

Purple Network because I wanted to know

there was people out there I could reach out

0:00:51.520,0:00:56.640

to and get support and advice from. So I joined the purple network when I first started

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in role as someone who has lived experience of being a carer and as someone who has a

0:01:01.600,0:01:06.720

disability. I wanted to join a network of likewise peers where I could both learn from

0:01:06.720,0:01:10.720

others and also share my own experiences to help further the goals of Berkshire Healthcare

0:01:10.720,0:01:16.560

in terms of inclusivity and diversity. Allyship is important because it allows others

0:01:16.560,0:01:21.520

to feel like they're not alone and it offers them support and allows them to be positive

0:01:21.520,0:01:26.800

about being within a diverse group of people. If somebody was thinking about joining the networks,

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I would recommend it so they feel like they have a family at work and they have support

0:01:31.600,0:01:35.360

available whenever they need it and there's always events to attend so you never

0:01:35.360,0:01:40.560

feel like you're alone. I think inclusion is really important because it allows us to be

0:01:40.560,0:01:46.080

ourselves and bring our whole selves to work. I would like to join the purple network because

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I've recently been diagnosed with ADHD and I feel like it would be a chance to meet

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other people within Berkshire Healthcare who are in the same position to discuss my fears

0:01:55.920,0:02:01.520

and concerns and also to learn from others about what they've done to get the support

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they need within the trust and how what reasonable adjustments may be of use to me.