



# Jenny Trainor

Paediatric Occupational Therapist

## Introduce yourself. Where do you work? What is your job role?

My name is Jenny, and I work as a Paediatric OT at Fleming Fulton School. I have been working at Fleming Fulton School since May 2022.

## What does your job entail?

I am based in a school environment and work with children aged 3 to 18 who have a variety of physical, learning, social, and emotional needs. Some of the typical interventions that I'm involved with are wheelchair skills, repair, and ordering. Other interventions include sensory interventions, fine motor skills development, fostering independence, transfer practice, addressing seating needs, upper limb therapy and assessment, and involvement in ordering moving and handling equipment, toileting, and slings for both the school and home environments.

## How did you get into this line of work?

I personally became interested in working within the paediatric setting as an OT after having two children with special and learning needs. I felt that I had gained a significant understanding from the perspective of a service user. Previously, I had worked in adult services for 14 years. However, when I saw the job advertisement, I felt it was time to change my career path. I subsequently applied and was successful, and I have now taken up the post.

## Outline your career to date

October 2007 – October 2011: Band 5 rotating post between (in-patient) care of the elderly, orthopaedics, stroke, and acute. October 2011 – May 2020: Band 6 post within a care of the elderly in-patient rehab ward, primarily working with stroke patients. May 2020 – May 2022: Band 7 post in acute emergency care. May 2022 – present: Band 6 post in a special school.

## Tell us about your qualifications and training

I obtained 10 GCSEs and three A-levels (English Literature, Sociology, and Religion) in school. After leaving school, I attended Queen's University and earned a BA (Hons) degree in Psychology and Sociology. Later, at the age of 23, I returned to the University of Liverpool and completed a BSc (Hons) degree in Occupational Therapy, which took three years. Throughout my career, I have undertaken multiple training courses relevant to the positions I have held.

## What qualities are required for your job – personal and professional?

I believe that good communication and social skills are essential for this job, as it involves working directly with people, requiring empathy, understanding, and patience. Additionally, strong organisational skills are crucial, as the job encompasses various dimensions and demands effective management of a busy workload.

## What is the best advice you have ever received?

Be the best you can and see the worth in yourself.

## Tell us an interesting fact about yourself

I'm struggling with this one!!!!

## What do you like to do in your spare time?

I enjoy spending my free time with my husband and children, going on outings together, taking walks, and going on holidays (both in Ireland and further afield). On most weekends, I like to visit my parents, catch up with my siblings, and spend time with their children. I also enjoy socialising and meeting friends for coffee, dinners, and drinks. Engaging in exercise and attending various exercise classes is something I find beneficial for both my mind and body.

## Who has inspired you most in your life?

This is a tricky one. I don't feel that one person has specifically inspired me; however, my mother, teachers, and peers have all made a significant impact on me.

## What advice would you give your 16-year-old self?

Do what makes you happy in life and make choices that will bring you happiness, contentment, and fulfilment. Don't compare yourself to others and believe in yourself.