



## Peder Beckett

Occupational  
Therapist

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

My name is Peder Beckett I am a senior Occupational Therapist working in the Community Discharge Service in the Belfast Health and Social Care Trust.

### What does your job entail?

My job is split between a clinical role in the community, I supervise some staff and I work in the hubs in the hospital. In my clinical role I work with people who have been discharged from hospital either to their own home or an intermediate care bed in the community. I visit people in their homes within a few days of discharge from hospital. My job is make sure these people have the care and support they need when they get home. This involves assessing their needs, co-ordinating their care and referring onto services for care or rehab for instance. I work as part of a multi-disciplinary team of OTs, Physiotherapists and Social Workers. The work is very varied and rewarding, I enjoy the practical problem solving and close working relationships with my Physiotherapy and Social work colleagues.

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

Both my parents work in health and social care so I had an awareness of OT through my parents work. I was encouraged to study OT at university by a careers adviser at school. It turned out to be a good choice.

### Outline your career to date

I worked as an OT in England for a number of years before return to Northern Ireland. Areas where I have worked in include Orthopaedics, Burns and Plastics, ED and Acute Medicine as well as my current role within the Community Discharge Service.

### Tell us about your qualifications and training

I have a BSC (Hons) in Occupational Therapy from Queen Margaret's University in Edinburgh.

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

Good communication skills, the ability to problem solve, creativity/lateral thinking, organisational skills, the ability to work as part of a team.

As an Allied Health Professional, working in the Belfast Trust, I strive to promote a culture of excellence, compassion, being open and honest, working together with my clients and colleagues to deliver a high quality health service.

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

To always prioritise looking after your own health and well-being.

### Tell us an interesting fact about yourself

I am a massive Leeds United fan.

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

I enjoy keeping fit, I go to cross fit, I run, I play football. I love a good book, food and cooking. A night out in a good bar or restaurant in Belfast and I am pretty happy.

### Who has inspired you most in your life?

Alan Milburn, Labour Health Secretary 1999 - 2003.

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

Take risks, have fun and always make time for friends and family.