**Sophie Melhuish**

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**Profile:**

Currently studying Drama: Education & Community at York St John University and very passionate about gaining hands on experience and the qualifications needed to help me get to being a drama therapist and specialising in working with children. Supporting my local community is important to me and helping people in need when and where I can.

**Education:**

* **2017-2020 York St John University**

**- Drama: Education & Community BA (Hons)**

**- Relevant modules included**: Children and Young People, Ensemble, Performance in Social Context, Professional Portfolio and Independent Practice and Research.

**- Dissertation Title:** How can Theatre in Education in teenagers and young people help raise awareness about the Social issues of Sexual Health and Social Media?

* **2015-2017 Bingley Grammar Sixth Form**

**- 3 A Levels:** Psychology (Grade E), Performing Arts (Grade B) and Photography (Grade D)

**- Relevant modules included:**

**Psychology** - Attachments, how to define, explain and treat abnormal behaviour such as phobias, depression and OCD, human relationships, biopsychology and causes and treatments for schizophrenia.

**Performing Arts –** Exploring and performing texts, analysing Performance and Deconstructing texts for performance.

* **2010-2015 Bingley Grammar School**

**- 9 GCSEs:** Including English (Grade C), Maths (Grade B), Science (Grade C), Drama (Grade B) and Child Development (Grade A)

**Relevant Work Experience:**

* **2019 Converge - York (York St John University)**

**- Highlight or Duties:** Supporting Students through tasks, Creating workshop plans to lead classes, Watching the confidence build in students, Teach students new skills and Supporting with their mental health.

**-** I also completed a Mental Health Awareness Training course through them.

**Work Experience:**

* **2015-Current Taylormade Treats - Eldwick**

**- Highlights or Duties:** Assisting kitchen staff, Taking payments, Assisting children’s parties and private functions, Preparing Orders and Serving and Clearing tables.

**Other Work Experience:**

* **2019 Winifred Holtby School - Hull**

**- Highlights or Duties:** Deliver workshops to the students, Manage the complex social dynamics of a group, Address topics appropriately and sensitively whilst being aware of student’s reactions to the topics/issues being raised.

* **2016 Halifax Playhouse - Halifax**

**- Highlights or Duties:** Direct audience members, Help managers and overlook their job role, Learn Fire and Safety regulations and Help with confectionary.

* **2015 Kiddi-Creche - Cottingley**

**- Highlights or Duties:** Supervising and taking part in activities with the children, Helping Parents settle their children each day and Helped organize lunchtimes, Promote Self-care to the children whilst providing assistance.

* **2014** **Brightsparks - Crossflatts**

**- Highlights or Duties:** Helping staff prepare activities for the children, Engaging in games with the children and Promote independence in children through child-led activities.

**Skills:**

* **Communication skills –** Comfortable engaging in conversation with a diverse range of people from pre-schoolers to people struggling with mental health. Able to support and empathise.
* **Teamwork –** Taking part in the National Citizen Service. Completed tasks with complete strangers in different activities.
* **Customer Awareness/Service –** Always been an alert person and understanding the needs of others. E.g. Always being aware of when plates needed to be cleared and noticing when a customer was trying to get your attention.
* **Attention to detail –** Working in theatre and picking at little things in rehearsals in order to develop and better them.
* **Working at a fast pace –** Working in a popular tearoom it was very fast pace, and I had to get used to not stopping, and continuing to work and find things to do when necessary.
* **Emotional Awareness –** I can allow myself to reflect on my own emotions and learn through/from my emotions. This has been learnt through experiencing ill mental health myself and learning ways to manage this.
* **Theatre skills –** This has been developed and improved throughout my education, and taking on extra experience and volunteering.
* **Ability to work with different people –** Working with different ages and abilities of individuals I have worked with during my work experiences.
* **Facilitation –** During time at university I have had many opportunities to facilitate different groups and age ranges, working with theatre.
* **Creativity/Imaginative –** Doing drama most of my life has always allowed me to be creative and imaginative, a skill in which has been developed throughout other job roles and experiences as it is a transferable skill.
* **Sensitive and Mature –** I have reached a level of sensitivity and maturity due to the topics and themes I have encountered and worked with throughout university. E.g Converge and working with mental health, and Theatre in Education and looking at topics of child sexual exploitation and bullying etc.
* **Problem Solving/Leadership –** Challenges faced whilst working in the tearoom and having to solve issues independently with the absence of my supervisor, I have had to step up and think on the spot in order to help myself and others.

**Interests:**

During August 2015, took part in the National Citizens Service (NCS) scheme, As part of a team of young people, we lived away from home, took part in building activities, including: climbing, walking, camping and kayaking. We stayed at Leeds Trinity University, learning more new life skills, including: living independently and First Aid; in which I successfully completed a course in First Aid issued by St Johns Ambulance. Our aim was to plan and deliver a project in the local community. We undertook a sponsored walk and bag packing at a local supermarket to raise funds and approached supermarkets and companies locally for donations of goods to support local Foodbanks. Then assisted with delivery of food to support families in need and homeless people.

**References**

References are available on request.