



Heads Up Therapies

Curriculum Vitae – Antonia Style

Apprentice Occupational Therapist

PERSONAL PROFILE

I am a compassionate and experienced care professional with extensive experience supporting individuals with diverse injuries and long-term conditions across clinical and domestic settings. Through this work, I have developed a deep understanding of person-centred care, dignity, and the importance of meaningful occupation in promoting independence and wellbeing. I am currently training as an Occupational Therapist and will qualify in September 2026.

Throughout my training, I have had the unique opportunity to develop my clinical skills under the mentorship of qualified Occupational Therapists, gaining broad and practical insight into the OT role across different settings.

I am dynamic and contribute effectively both as part of the MDT and when working independently. I advocate for clients and have experience in developing rehabilitation plans and care packages in partnership with clinical professionals. I was previously an ambassador for a local mental health charity and am actively involved in various charitable pursuits. Outside of work, I enjoy paddleboarding and wild swimming and have a strong interest in nature and sustainability. I maintain an allotment and am a beekeeper, and I am particularly interested in using nature-based activity within occupational therapy practice to promote wellbeing, engagement, and meaningful participation.

EDUCATION & QUALIFICATIONS

The University of Huddersfield

(2023 - Present)

Occupational Therapy Apprenticeship Degree

Manchester Metropolitan University

2011-2014

BA (Hons) English Literature

Burnley College

2011-2014

A Level English language & Literature

B

A Level History

C

A Level Sociology

C

PROFESSIONAL MEMBERSHIPS

Health and Care Professions Council

BT00870750

EMPLOYMENT

Heads Up Therapies

Apprentice Occupational Therapist

Sep '23 - present

I am currently studying for a degree apprenticeship in occupational therapy at Huddersfield University, alongside my work with Heads Up Therapies, and am passionate about the role of



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occupational therapy in promoting positive outcomes for individuals and communities. Through my training, I have developed a strong understanding of the importance of purposeful, meaningful activity in promoting quality of life through holistic, person-centred care. I have studied the impact of a wide range of conditions, injuries, and diseases, and how these can affect individuals' daily functioning and participation.

In my apprenticeship, I have maintained my own caseload under the supervision of my workplace mentor, applying theoretical learning to practical clinical work. I have also gained experience across a diverse range of clinical placements, including paediatrics, equipment and home adaptations, research, vocational rehabilitation and case management. I have demonstrated adaptability across varied clinical settings and have actively engaged in evidence-based practice throughout my placements.

I will qualify as an Occupational Therapist in September 2026 and endeavor to contribute meaningfully to the profession, individuals, groups, and communities. I am currently studying a degree apprenticeship in occupational therapy at Huddersfield University alongside my work with Heads Up Therapies and will be fully qualified in 2026.

Northern Case Management

Adult Workforce Carer

Jan '20 - Sep '23

I currently work with a young male who suffered an acquired brain injury as the result of a road traffic accident. I work with a small team on a 24-hour shift pattern basis to implement consistency within his own home. This client suffers with depression, low motivation, and periods of suicidal thoughts as well as limited mobility and balance, fatigue and challenging behaviour. This role involves supporting the client to live independently and encouraging him with household tasks, finances and budgeting, social events, and personal hobbies. I am responsible for managing the client's diaries and liaising with a wider team of therapists to assist in his rehabilitation. This client has historically struggled with low self-esteem and periods of depressive/suicidal thoughts and my role on this team has been predominantly implementing new strategies to try and engage him in activities or responsibilities that he previously felt he was unable to do. I have implemented new social activities and physical goals, therapeutic hobbies and arranged voluntary placements to enrich the client's life and improve his sense of self-esteem and self-worth. I have worked closely with his case management team to adapt his support plan and implement risk assessments to aid him in accessing events and activities that he previously felt he was unable to.

Within my time on this package, I have been praised by my team, management, and the client's family for the positive changes they have seen and how much progress the client has made in both his physical and mental well-being.

AMS Case Management

Adult Workforce Carer

April '19 – Jan '20

I worked with an elderly male who suffered an acquired brain injury as the result of a road traffic accident. This client had multiple health conditions including diabetes, depression, dysphagia and COPD, alongside cognitive and physical difficulties. This position included a 24-hour shift pattern



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to implement consistency and avoid confusion/disorientation within his home. Duties of this position were administering medication, using and maintaining specialist equipment and assisting with daily tasks to promote an independent and fulfilled life. This role also involved support to organize and attend social events and could include the management of challenging behaviour as well as periods of low mood or depressive thoughts.

JMW Case Management

Adult Workforce Carer

Dec '17 – Dec '18

I supported a young male who was born with cerebral palsy. I was responsible for assisting him to love an independent life within his own home with the involvement of his family. Duties included daily motivation as he would often struggle to initiate ideas followed by encouraging and enabling the carrying out of these ideas. I was responsible for encouraging a healthy diet and lifestyle within his home due to other health concerns and often had to manage complex moods and behaviours. I was responsible for the daily liaising with his wider team and family who were actively involved in his care.

Amber Case Management

Adult Workforce Carer

April '17 – Dec '17

I supported an adult female who acquired a brain injury when she was involved in a road traffic accident. I assisted her in the management of daily routines in the home which largely involved domestic duties and the maintenance of her pets. I offered daily prompts to my client who had worked hard to recover from her accident as fully as possible. I supported her with the organising and attending of social activities and clinical appointments and was responsible for liaising with a large team of clinical therapists assisting her in her recovery.

Northern Case Management

Adult Workforce Carer

2014 – Nov'19

I supported a young adult male with Cerebral Palsy in his own home and in the community. I assisted in the organising and attending of clinical appointments and promoting daily decision-making and independence in various areas. I liaised with a large team of clinical therapists and was responsible for implementing daily routines and additional strategies to encourage personal development. I was also responsible for financial budgeting and documentation.

2013-2014

This role included the constant observation and care of a young male with severe disabilities. I was responsible for the administration of rescue Epilepsy medication and the management of his PEG feed and catheter. A high level of vigilance and efficiency was essential due to the complexity of his disability. I was also required to organise emergency appointments and transportation when necessary.


Voyage Care

Acquired Brain Injury Care Assistant

2012 – 2013



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This involved working in a large residential home with 13 occupants, all of whom had different forms of physical and mental disabilities because of acquired brain injury. Challenging and aggressive behaviour was common, so a high level of diligence was essential to ensure the safety and wellbeing of all residents and staff. I considered sensitivity to be a particularly important aspect in this specific role, as none of the clients had had their disabilities from birth, and as such, each had to learn to cope in a different way. Empathy towards their frustration was vital to create a positive relationship with the clients. Duties included meal preparation, domestic tasks, medication administration, personal care, PEG feeding and catheters and supporting individuals with personal activities and social outings.

FURTHER TRAINING/CPD

- NVQ Level 3 Health and Social Care
- Mental Health Awareness (Accredited)
- Mandatory Training- Health and Safety, Safeguarding Adults and Children, Food Hygiene, Infection Control, Fire Safety, RIDDOR, COSHH, Moving and Assisting Theory (Accredited)
- QA Level 3 Emergency Paediatric First Aid (Accredited)
- QA Level 3 Emergency First Aid at Work (Accredited)
- Level 2 Canine First Aid (Accredited)
- Medication Administration Training (Accredited)
- Epilepsy and Administration of Buccal Midazolam
- External Feeding Tube Training
- Acquired Brain Injury Training
- Online Awareness Training- Safeguarding and Protection, Alcohol and Substance Misuse, Tail Lift Operator, Supporting People with Diabetes Mellitus, Mental Capacity Act, Common Induction Standards, Dementia



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