



About yourself

In a short paragraph, please tell us about yourself (you may wish to talk about; your interests, what pronoun you'd like to be referred to as, the nationality you identify with, family, gender)

Hi, my name is Maz and I have worked for Anderida care for the last 5 years, I identify as a she and I moved to England from Scotland 20 years ago and I identify with being British.

I like to spend time with my friends who I class as my additional family as my family live in Scotland. I like to read, sport, cooking and I like to laugh and have a silly sense of humor. I am interested in all things spiritual and have recently found that self-care is something I forget for myself, I am enjoying the slower pace of everyday living since the pandemic, I realised that I was always busy, this has allowed me to get to know people in a more effective way.

I also like meeting new people, I am interested in learning from others and being more aware and diverse and being a better version of myself each day.