



NHS

**University Hospitals of
Derby and Burton**

NHS Foundation Trust

Meet the apprentice

We are introducing to you **Anum Nawaz**, a nursing associate apprentice at University Hospitals of Derby and Burton NHS Foundation Trust.

1

How did you get your
apprenticeship?

I took part in a level 2 apprenticeship via the NHS to become a Healthcare Support Worker and progressed onto the Trainee Nursing Associate apprenticeship after much encouragement from my employer, colleagues and former mentor as they believed I could progress even further and I love to learn, especially through apprenticeships.

2

What is the study model like and what types of things have you been doing in your off-the-job learning?

I work 3-4 days a week and study at the University of Derby once a week. I started University in September and have been looking at the communication and working as a team module as well as personal and professional development. I also enjoy looking into topics which interest me and am currently fascinated about diabetes and what I can do in my current role to help those who suffer from it.

3

What has been the hardest part?

The hardest part for me has been adjusting to a new environment as I am currently on my first clinical placement, however, I have received a lot of support and love the area which I am now in.

4

What has been the best part?

The best part has been being able to explore different areas of my workplace as well as being able to attend University and learn so much from my peers as they come from a variety of different backgrounds. I love talking to different members of staff and my University lectures as they all have so much knowledge and experience to share.

5

Do you have any tips for future apprentices?

The NHS is a great place to start an apprenticeship as there's always room for progression. Apprenticeships not only give you knowledge about the field which you are studying but also equip you with vital life skills to enhance your people skills, personal development, professional development, communication and so much more. I came across some difficulties, but you have so much support from your employer and mentors that you overcome them in no time.

6

What do you hope to do next?

I hope to finish my current apprenticeship which is at a Level 5 which will mean I will have a foundation degree. I then hope to go on to do my final year to become a registered nurse within the adult field.