

Leadership Mentor Bio's

Name: Claire Allsopp

Job title: Registered Manager



A little bit about me:

I am a mother of 3. I have 2 dogs, 3 cats, 2 tortoises and a goldfish! I love holidays in Cornwall. I am an only child that grew up in London. We moved to Buckinghamshire 16 years ago. I collect Jelly cats (soft bunnies)

I am a Boys Brigade and Girls Association leader and recently marched in the Lord mayor of London Show. I also volunteer for food banks.

A snapshot of my career:

I was known as the "deaf nanny" in London as by sheer coincidence I ended up with deaf and disabled children as my charges. I then worked for the CAB as a volunteer while working as a carer in the community for disabled adults and older people. Then I worked for a Housing Associations as Sheltered housing manager and community support (helping with benefits, meals on wheels) Then I managed the extra care services. We moved to Buckinghamshire and I worked for the local authority as a Housing Support Office (managing sheltered housing managers. I came to Swarthmore as a deputy manager and very quickly found myself as the acting manager and 10 years ago became the home manager. I have trustees above me and every day is a learning day!

I like to motivate others by:

Encouraging and promoting self and professional development. I couldn't wait to leave school and I recognise that many people coming into care have skills and life experiences that make all the difference in the care sector. Knowing the people I work with, for and provide support to helps me understand their aspirations and goals and I can tune in to what level of communication and praise they like and prefer

A personal value I stand by is:

Inclusion. I left school without qualifications. I hated it with a passion. I went on to gain Honours degree in health and social care, Sign language level 3, managed my level 5, various Housing support courses and train the trainer and assessor qualification. Everyone should have the opportunity to learn and develop themselves. Accessibility for all ages, abilities is vital and while I have breath in my body, it will remain a passion that I am proud of. No limits, just adaption.

Others would say my best leadership quality is:

I am kind, caring and patient. I may talk a lot, often to make people feel at ease but I am a good listener too.

When people get things wrong when they are starting out, it means they are trying, and that is an amazing achievement and should be celebrated.

My main strengths, skills and qualities that would benefit a mentee are:

Realistic approach, happy to listen and to be a sounding board. I am very down to earth and recognise that we all learn at different paces. I am a trained Mental Health First Aider and understand anxiety can be crippling at any stage in a career. I have a genuine interest in people.

My interests outside of work include:

Listening to True crime stories while crocheting and drinking tea out of a China cup- not any old tea either- loose leaf in a teapot. I can eat cake all day every day. Raising money for TVAP

I love music festivals and talk to anyone (much to the embarrassment of my 17 year old daughter)

Anything else of interest:

I support Thames Valley Adventure Playground. It is close to my heart as my 2 youngest have additional needs and they have been great for us. They support children and young people to play and have fun! Being a parent of children with additional needs has been a journey with lots of ups and downs and resilience is a must. Cake and a warped sense of humour get me through!