



MY BACKGROUND

- I hold a Bachelor of Science in Psychology, a Postgraduate Diploma of Science in Psychology, and a Masters of Health Psychology (ongoing).
- I am currently a Youth Leader at St Therese Parish Three Kings. In this role I help in nurturing relationships, wellbeing and faith for young people from different cultural backgrounds aged 13-24, leading our choir for services, and organising social and outreach events. I have also previously volunteered as a Companion Volunteer at Auckland Hospital, providing non-clinical support in general wards. In this role I interacted with a variety of patients of different ages, cultural and social backgrounds through conversation, playing games, providing books and magazines, playing music, and arts and crafts.

I LOVE....

- Football
- Travelling
- Eating
- Hiking
- Playing Instruments and Singing
- Watching Movies

Anstan Saldanha

SUPPORT WORKER

"It does not do to dwell on dreams and forget to live."

Albus Dumbledore

THE ESSENTIAL QUESTIONS!

Question: If you could have a super power what would it be?

- If I could have any superpower it would be the ability to teleport.

Question: If you could live anywhere else in the world where would you live?

- I would love to live somewhere in Europe so that I could travel more.

Question: What is your favourite thing about people?

- My favourite thing about people is learning their stories.



MINDFULL SUPPORT
GOOD PEOPLE. POSITIVE SUPPORT