

Christopher Paul Cook

North Shields NE30 2AL
ccjournalism92@gmail.com
+44 7523 536676

Personal Details

Driver's License: Cars
Eligible to work in the UK: Yes
Highest Level of Education: Bachelor's

Work Experience

GRAPHIC DESIGN

MYSELF - FREELANCE - North Shields
June 2013 to Present

WORKING UNDER PRESSURE
WORKING TO A DEADLINE
TRAVEL
HOME BASED
ARRANGED MEETINGS
USING ADOBE SOFTWARE
RESEARCH
ATTENTION TO DETAIL
WRITING
MARKETING
PROMOTIONAL ADVERTS, FLYERS, POSTERS
MAINLY PRINT CONCEPTS/ FILES WHICH CAN VIRAL ONLINE
LONE WORK/ TEAM WORK
OPEN TO NEW IDEAS
COMMISSIONING FOR CLIENT COVERS, WALL ART, BRANDING
EXPRESSING A LOVE AND PASSION TO VARIED SUBJECT AREAS

SERVICE USER REPRESENTATIVE

CNTW PEER SUPPORT - Morpeth
November 2021 to June 2023

PERSONAL STORY
MEMBER OF INTERVIEW PANEL
INVOLVEMENT TALKS TO IMPROVE HEALTH SERVICES
MEETINGS
FACE TO FACE/ TEAMS CONTACTS
MARKING AND GRADING
FEEDBACK
BLOG/ ARTICLE WRITING

COUNSELING

MENTAL HEALTH PEER SUPPORT CO-LEAD

MALE VOICED - London

March 2022 to April 2023

CREATING LESSON PLAN

PRESENTATION TO SERVICE PROVIDERS

RECORDING DATA FOR HOW COVID EFFECTED EATING DISORDERS

PRESENTING MY OWN PERSONAL STORY WITH ANOREXIA

PUNCTUALITY

ORGANISATION

TIME MANAGEMENT

COUNSELING

CO-FACILITATOR/ TEACHER WITH LIVED EXPERIENCE

EATING DISTRESS NORTH EAST - Newcastle upon Tyne

September 2021 to August 2022

CREATING PRESENTATION SLIDES

TEACHING MEDICS, SCHOOLS, YOUTH WORKERS, CHARITIES

PRESENTING MY OWN PERSONAL STORY WITH ANOREXIA

ANSWERING QUESTIONS

DESIGNING INFORMATION PACKS FOR COMPANY BOARDS

PUNCTUALITY

ORGANISATION

TIME MANAGEMENT

TRAVELLING

FACE TO FACE/ TEAMS CONTACTS

PEER SUPPORT AND ADVICE

COUNSELING

SUPPORT WORKER FOR AUTISM

UBU - North Shields

July 2016 to February 2017

SUPPORTING THOSE WITH AUTISM

PERSONAL CARE

MEDICAL ADMINISTRATION

COMMUNICATION

EMPATHY

SYMPATHY

WORKING WITH WHEELCHAIRS

TRAVELING FOR TRAINING

COUNSELING/ BEFRIENDING

SEO CONSULTANT

DIMASOFT - North Shields

August 2015 to March 2016

COMPUTER MANAGEMENT

WRITING ARTICLES

RESEARCH ON DEMAND
WORKING TO A DEADLINE/ UNDER PRESSURE
INDIVIDUAL/ TEAM WORK
BOARD DISCUSSIONS
REPRESENTING LOCAL BUSINESSES THROUGH SOCIAL MEDIA
COMMUNICATION/ CONTACT WITH CLIENTS
PRESENTATION

Education

BA HONS DEGREE in GRAPHIC COMMUNICATION AND DESIGN

UNIVERSITY OF SUNDERLAND - Sunderland
September 2012 to July 2013

HIGHER NATIONAL DIPLOMA in GRAPHIC DESIGN

TYNEMETROPOLITAN COLLEGE - North Shields
September 2010 to June 2012

A LEVELS in MEDIA STUDIES

TYNEMETROPOLITAN SIXTH FORM ACADEMY - North Shields
September 2007 to July 2009

A LEVELS in GRAPHIC DESIGN

TYNEMETROPOLITAN SIXTH FORM ACADEMY - North Shields
September 2007 to June 2009

A LEVELS in ARCHAEOLOGY

TYNEMETROPOLITAN SIXTH FORM ACADEMY - North Shields
September 2007 to June 2009

GCSES in MATHS

MARDEN HIGH SCHOOL - Cullercoats
September 2002 to July 2007

GCSES in ENGLISH

MARDEN HIGH SCHOOL - Cullercoats
September 2002 to July 2007

GCSES in MEDIA STUDIES

MARDEN HIGH SCHOOL - Cullercoats
September 2002 to July 2007

GCSES in HISTORY

MARDEN HIGH SCHOOL - Cullercoats
September 2002 to July 2007

GCSES in ART AND DESIGN

MARDEN HIGH SCHOOL - Cullercoats
September 2002 to July 2007

GCSES in FOOD TECHNOLOGY

MARDEN HIGH SCHOOL - Cullercoats

September 2002 to July 2007

GCSES in RESISTANT MATERIALS

MARDEN HIGH SCHOOL - Cullercoats

September 2002 to July 2007

GCSES in SCIENCE

MARDEN HIGH SCHOOL - Cullercoats

July 2002 to July 2007

Skills

- Customer service
- Organisational skills
- Microsoft Office
- Communication skills
- Public speaking
- Mentoring
- Project planning
- Report writing
- Interviewing
- Teaching
- Mental health
- Eating disorders
- Peer support
- Presentation skills
- Empathy
- Sympathy
- Computer hardware
- Computer graphics
- Computer software
- Social media management
- Facilitating
- Groupwork
- Team work
- Marking
- Decision making
- Cash handling
- Driving
- First aid

- Moving and handling

Certifications and Licenses

DRIVING LICENSE

September 2010 to Present

KEY SKILLS WORKING WITH OTHERS LEVEL 3

July 2008 to Present

KEY SKILLS COMMUNICATION LEVEL 3

July 2008 to Present

FIRST AID CERTIFICATION

August 2017 to March 2020

AUTISM AWARENESS/ MOVING AND HANDLING

November 2016 to February 2017

Additional Information

Hello, I hope that you are well

My name is Christopher Cook, I am 32 years of age and reside in North Tyneside, near Newcastle Upon Tyne.

Through a variation of roles, education and life experiences I am of know-how to areas from the arts and culture to patient carer operations throughout local hospitals as a representative of lived experience to managing online networking and written numerous blog and full articles on an array of stories and agendas.

I have counselled and supported others in need/ presented my personal story with mental health in front of teachers, medics, students, youth workers and regional planning medical boards. This too has tied into me being a facilitator and peer support lead teaching. I too have performed as an interviewee.

Too, I am experienced working in graphic design and available for freelance. I can keep to a deadline, pressure, organisation, and show the attributes of sympathy, empathy, hard work to team work, friendliness, honesty, dependency, reliability, passion and determination.

I am free and flexible and ready to start straight away for the role.

I would love to get to know you and work with you.