

RIVER TEES HOSPITAL SCHOOL INSPIRING ALUMNI WHERE ARE THEY NOW?

“After the trauma I experienced, I knew I could never return to my mainstream school. The impact it had on my mental health was so extreme, I suffered severe panic attacks for a very long time. The initial transition from school to Hospital School was too much for me to handle, so the staff created a personal plan to help ease the anxiety I had before expecting me to complete any school work. Overtime with support I felt much more comfortable and continued to make progress, both socially and academically. It wasn’t always easy for me, I had days were I really struggled and didn’t want to leave the house, but the staff at Hospital School always made an effort to check up on me and encourage me to come in. I went through a stage of significant imposter syndrome; I never felt good enough or clever enough, but the relationships staff had made with me and my mum made it possible for me to pursue my educational journey in a safe environment and provided my mum with the appropriate support she needed to look after me and my siblings.

In preparation for my exams, I was able to complete extra revision sessions with my teachers on a 1:1 basis, and even come into school during the holidays to focus on my coursework. The support I received from all the staff at Hospital School will stay with me forever.”



Mason Cook 2021 – 2024

Achieved 8 GCSEs at Grade 5 and above (including Grade 7 in English Language, Grade 8 in English Literature and a Grade 8 in Art & Design)

Studied: T-Level - Healthcare at Stockton Riverside College

Work Experience: Health Care Assistant at Windermere Grange Care Home

PROFESSION: ASPIRING PARAMEDIC

‘WE CHANGE LIVES’