

Silly Sausage Corner

Hello my silly sausage friends. Have you survived the summer downpours? The floods have kept many of our silly sausage colleagues busy helping those who have been forced out of their homes by the storms. It's at times like this when the going gets tough that the social services silly sausages really get stuck in.

But have you ever wondered why it is that when the going gets tough some get too excited and panic while others kick in even greater concentration and determination?

In amongst the thunderstorms and torrential rain when I had a day at Wimbledon I was watching two of the best women's tennis players battling it out on Centre Court. They matched each other point-for-point, game-by-game and grunt-by-grunt. But on the crucial tie-breaker and set points the winner was the one who held her nerve, kept her cool and held her concentration and composure. This was not just down to skill or technical application, but to emotional control and confidence.

It's the same for us silly sausages.

Walking up that garden path, knocking on the door and having to explain to the parent who opens the door that we are there because of concern about the care being given to their children demands emotional control and strength and

professional confidence. Fluff it and we're on the back foot. It's the same when talking with someone about their newly diagnosed terminal illness or the long-term condition which is going to restrict their life.

And like the tennis player, we must not be overwhelmed with emotion, our senses need to be even more alert and finely tuned, and our concentration and awareness needs to be heightened. The adrenalin may be flowing but the anxiety is contained.



The trouble for us silly sausages is that the pressure on the tennis player is seen and shared by others. Professional tennis is a spectator sport. The player who holds her nerve is admired and celebrated.

But for us silly sausages our work goes unseen. Social work is definitely not a spectator sport. The pressures we experience and the professional and emotional control we demonstrate is unrecognised and unacknowledged.

But the requirements are the same. Like the tennis player and their next game we need to prepare for that next visit or interview, we need to reflect on our performance, and we probably will benefit from good coaching and supervision. After all, what we do is much more important than just a game!

So, I hope I'm not putting you off your stroke and I hope that you do not think this is all just a racket!

'Til next time, I hope you win some points this summer and I hope it's no longer raining! As well as giving, take care.