

Andrew Cozens

One-page Profile



What people like and admire about me

Integrity, committed to making a difference to people, funny, gets on well with most people, thoughtful, intelligent.

What's important to me

- Having a busy pace of life, and feeling organised but not rushed
- Feeling that I have an impact through my work
- Working for the Carers Trust
- Being well prepared the night before work
- Having two phones – one for work and one for friends and family
- Being on top of my emails
- Being up to date with the news – I listen to the Today programme on the radio and buy and read a newspaper every day
- My garden – I walk in the garden most days, and garden most weekends
- Reading on my Kindle
- Using social media – I use Facebook for my family, and Twitter for work and interests
- Football – I follow Southampton F.C
- Racing – a modest flutter
- To have at least 6 hours' sleep
- Listening to music – I have a varied and extensive music collection which I listen to daily

How to support me

- I am self-contained and don't always ask for advice, but I appreciate advice when I get stuck, especially with gardening.
- Be well prepared and on time for meetings when working with me.
- Be clear and upfront about what you want from me when you approach me for help or advice.