



Sarika Dhillon

Regional Care Director - Central

Meet Sarika, Regional Care Director

About me

“Hello, I’m Sarika. As the Regional Care Director, I’m responsible for all aspects of care delivered in our central region, covering The Midlands and surrounding areas. On top of this, I oversee the running of all branches within this region and ensure the carers and customers are always delivering and receiving high-quality care, respectively.”

“I’m very passionate about my role and the industry I work in, it’s extremely rewarding. I’ve worked in the care industry for several years now, and I always look forward to meeting new customers, carers, staff and members of the public who all share my passion for compassionate & professional care.”

Career Pathway & Qualifications

Before starting a career in the care industry, Sarika completed a BA in Business Management & Marketing, and later achieved her C.I.P.D. After leaving university, she worked for a company providing care to young adults with learning disabilities whilst also attaining numerous training qualifications during the 10 years she spent working there.

Sarika then started her next role as a National Business Support Manager for a charity providing domiciliary care. Here she provided operational support to regional managers, alongside working closely with the HR Business Partner for the Home Care Business team. Sarika was also the business lead for all development projects, including people management, staff engagement and CQC quality assurance. After 5 years here, she soon discovered her dream job at Helping Hands.

Sarika started at Helping Hands in 2016 as the Head of Home Care for the West region, holding overall responsibility for multi-site home care branches and was also the key driver of the business strategy as part of the nationwide operations team. After 2 years in this role Sarika was promoted to Regional Care Director for the Central Region, ensuring consistency of service for both functions of care; hourly and live-in.

Sarika is very enthusiastic about her role, she says, “the reputation and professionalism at Helping Hands speaks volumes.”

