



# Helping Hands

The Home Care Specialists

Est. 1989

Sharon Harris

Branch Manager – Coventry

## Meet Sharon, your branch manager for Coventry

### About me

Hi, I'm Sharon. I'm excited to be overseeing the team in Coventry as well as bringing one-to-one support to people in the local community. I know the Coventry area well having been to school in the area and even though I moved away for a few years, I never lost touch of what was going on in the city. I came into the care industry back in 2008 and believe that with Helping Hands, I have the chance to make a positive impact in people's lives.

### Experience

I've previously worked within a residential home, where I was involved in helping people who lived with Alzheimer's. This role taught me a lot about the condition and the level of care people need. Since then, I've gone on to care for those with spinal and brain injuries, as well as gaining an in-depth understanding of mental health.

While working for a different company, I met a young man who had broken his neck in two places and had a condition which caused his bones to become brittle, plus several other conditions which were managed by his mother and a team of doctors. After a lengthy risk assessment process, I was finally able to help him to spend an evening out with his friends and then to attend college on a regular basis – this was such a great feeling and gave me an amazing sense of achievement.

I've completed a QCF Level 3 and 5 in Health & Social Care and I'm currently working towards my Level 7 accreditation.

### Why I chose Helping Hands

I believe that everyone should have a choice in how they live their lives, and Helping Hands is great at making this happen. I also love the fact that the service we provide is completely bespoke and flexible, and all of our carers are so dedicated to what they do. As the Coventry manager, I like to meet with everyone regularly and exchange ideas about how we can improve.

