



Sonia Epsom
Branch Manager - Lincoln

Meet Sonia, your Branch Manager for Lincoln

About me

“Hello, I’m Sonia. As the Branch Manager for Lincoln, I am responsible for contributing to the planning of care for each of our customers, safeguarding and promoting the welfare of our customers and staff, maintaining an excellent quality of service for each of our customers to meet the standards of the Care Quality Commission (CQC), delivering training to each of our carers and supporting them to ensure that they have the support they need to deliver high-quality care.”

Experience and expertise

Sonia’s career in care began when she left school, and she has since worked in the NHS, residential and nursing homes and with people living with learning difficulties and mental health conditions. She has worked in complex healthcare and specialised in paediatrics where she worked with children in care.

Throughout her career, Sonia has been a Team Leader, Care Coordinator, Senior Paediatric Complex Care Coordinator, Quality Assurance Manager, Business Development Manager and Clinical Business Manager.

Sonia has a National Nursery Examination Board qualification and an NVQ in Healthcare. She is also a Safeguarding Ambassador and is currently working towards her Level 5 NVQ in Management.

Why I chose Helping Hands

“I decided to work for Helping Hands because of the family ethos and its outstanding reputation in the industry. I feel the service we provide is of an excellent quality, and I enjoy the satisfaction of keeping my customers and staff happy.”

