



# Spotlight on Care Worker, Denise Warren

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## Introduction to yourself

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I have been working in care for 29 years. I started in care just after I lost my mum and have never looked back. I've delayed retirement year after year, as I really enjoy what I do.

## What made you decide to move into your role as a Care Worker?

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I wanted to be a part of helping people to achieve what they want to do. I like to meet new people and do what I can to help them.

## What does a typical day look like for you?

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I usually work from around 7am, dependant on where I am needed. I hop on my bike and start my round, helping the service users get ready for the day. This can be anything from supporting with personal care and medication, to a simple pop in to check on their welfare and that they are ready for the day.

Sometimes they are single calls, so I attend them alone and sometimes I am working with colleagues on double up calls, it's nice to have both. I regularly have contact with the office, although I am out lone working, I always have the support I need.

## Why do you like working at Mears?

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I feel like Mears are very supportive and have good incentives. We have a good team at St Neots.

## What are the best things about your job?

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I love helping people, and hearing all the fantastic stories they share. I love the network of people I get to support and the colleagues I work with. I love the freedom of being out and about in the community.

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