



# Helping Hands

The Home Care Specialists

Est. 1989

## Kimberley Pash

Branch Manager – Colchester

### Meet Kimberley, your branch manager for Colchester

#### About me

Hi, I'm Kimberley. As the manager of the Helping Hands Colchester branch, I'm here to ensure the wonderful families we care for in the local area all have the support they need to live comfortably and independently in their own homes. I've lived in the area for around 30 years and know the local area really well, which is great for planning where my carers need to be.

#### Experience

I've been in the care sector for 13 years and I also ran a telecare service for the elderly, which allowed them to remain independent in their own homes for longer. It also meant that their families felt safe in the knowledge that someone would be alerted should anything happen to their loved one.

Since becoming a registered manager with the Care Quality Commission, I've had the opportunity to help people with various needs and conditions. I've assisted people affected by mental health conditions, dementia, and physical conditions. It's always important that our customers feel comfortable and I really enjoy being involved in helping them to live at home for as long as possible.

In addition, I've cared for people with complex care needs and those requiring end-of-life support. I've had some very fond memories and valuable experiences, and it's hugely rewarding when I know that I've contributed to helping a family in need.

In 2018 I gained my Level 3 in Business Management and my Level 3 in Health and Social Care. I aim to complete my Level 5 in Leadership in Health and Social Care. Not only that, but I've also become a Dementia Champion which has enabled me to gain a first-hand experience of what life is like living with dementia – knowledge which I'm always keen to share with my own team of carers.

#### Why I chose Helping Hands

I decided to join Helping Hands as I wanted to work for a care company that cared about their staff and customers. Ever since I started working here, I've met many different members of the team who are all very passionate about what they do – it's so good to see.

