Achieve together

# Meet Sarah

## Home Manager Winston Lodge, Hampshire



## About Sarah

Sarah has built a successful career across several care settings, including hospitals, social care and funeral services.

Around 10 years ago, she chose to progress her career by becoming a support worker. Within six months, she was offered a secondment as a field support supervisor while completing her Level 3 qualification, before securing the position permanently.

She later worked for two other care providers and became the registered manager of four homes. Sarah joined Achieve together at Winston Lodge nearly two years ago, bringing extensive experience and a strong commitment to helping the people we support live happy, healthy and meaningful lives.

Sarah is committed to continuing to develop Winston Lodge and maintain or further improve its Good CQC rating. She actively looks for new activities to introduce and encourages the people at Winston Lodge to get involved in running their home and recognise that they can achieve the goals they set for themselves.

"With the right support, everyone can achieve their goals."

## Sarah's key skills

- Person-centred care
- Coaching and mentoring
- PASS+PORT trainer
- Makaton support
- Pica support
- Quality assurance
- Safeguarding and risk management

## Sarah's successes

Sarah supported a gentleman who had experienced a difficult and unsettled past, including an unsafe previous placement. When he first moved into his new home, he did not communicate verbally, often declined support and sometimes displayed behaviours that may challenge.

Sarah worked closely with him for around a year, taking time to build trust, understand his needs and help him feel safe. With her patient and consistent support, he began using Makaton communication signs for words including train, car, shoes, shower, please and thank you.

He also started making his own drinks and developing his cooking skills with the team. Over time, Sarah helped him gain greater choice and independence by encouraging him to use his own food cupboard so he could access food when he wanted it. She also arranged for him to have his own fridge, as this was something he wanted.

## Get to know Sarah

- Favourite meal – Spaghetti bolognese
- Favourite animal – Cats
- Favourite colour – Orange
- Favourite hobby – Walking
- Bucket list holiday – Japan