

Meet Teresa

Home Manager Bradwell House, Kent



About Teresa

Teresa began her career in social care at the age of 30 and has found it rewarding to help people live happy, meaningful and fulfilling lives. With over 16 years with Achieve together, she has continued to learn and develop, progressing from a night support worker to a registered manager.

Teresa leads by example, sharing her knowledge and helping her team build the confidence to provide high-quality, person-centred care. She encourages their career development through further training and opportunities to move into roles that develop their skills and offer new challenges.

Looking ahead, she would like to introduce a wider range of activities at Bradwell House and discover new places for the people we support to visit. By encouraging fresh ideas, she aims to create more opportunities for meaningful experiences.

"I'm grateful for the opportunities and support I've received, which have helped me grow in confidence and achieve my goal of becoming a registered manager."

Teresa's key skills

- Quality assurance
- Safeguarding and risk management
- Person-centred care
- Coaching and mentoring
- NVQ Level 5 in health and social care
- Level 3 counselling

Teresa's successes

Teresa and her team supported a person who became emotionally and physically distressed when the phone rang. They listened to the person's concerns, discussed these together and developed coping strategies to help reduce their fear of the phone.

With patience, consistency and encouragement, the person supported gradually became more confident. They now answer the phone, saying, "Hello mate, how can I help you? Okay, bye" before passing it to a team member. Teresa continues to support them to build on this positive outcome and work towards new goals.

"I really enjoy the work I do and the difference we make in people's lives. I'm always keen to keep learning and developing so I can give my best to the people we support and my team."

Get to know Teresa



Favourite colour –
Green



Favourite meal –
Carbonara



Favourite hobby –
Reading



Favourite animal –
Dog



Bucket list holiday –
New Zealand