

Meet Nazneen

Home Manager Supported living in Slough



About Nazneen

Nazneen began her career in care quite unexpectedly. She started out as a recruitment consultant, supporting local care homes and nursing homes with their staffing needs. Through this role, she was introduced to domiciliary care by a director who encouraged her to explore it further.

Nazneen went on to complete her qualifications in health and social care and had the opportunity to work alongside an incredible registered manager, who supported and guided her development.

With support from her manager, Nazneen learned a great deal on the job. Gaining hands on experience helped her settle into the role and truly find meaning in what she does. She soon discovered a real sense of purpose in her work, which made coming in each day both important and enjoyable.

"I take the time to listen to each person we support, making sure their voice is heard and that they receive support in a way that is right for them."

Nazneen's key skills

- Team leadership
- Communication
- Adaptable and responsive
- Mental health first-aider
- Level 5 Health and Social Care Diploma
- Committed to professional development

Nazneen's Successes

A person Nazneen supported was experiencing significant anxiety around food and the duration between visits with their family. To help them feel more settled, Nazneen worked closely with the person and their family to put a reassuring routine in place. This included regular family visits every Saturday, where they could spend time at home or enjoy a day out, as well as a scheduled video call with their sister each Wednesday. With gentle support from Nazneen and her team, the person has grown in confidence and now understands what to expect in a way that feels calm and secure.

Food continues to be an important part of their routine, and Nazneen has supported them to create a food timetable, attend appointments with their GP and dietitian, and explore healthier choices and portion sizes. Their progress has been wonderful to see. While out shopping recently, they calmly passed their family home and said they would be visiting on Saturday, showing how much more comfortable and settled they now feel.

Get to know Nazneen



Favourite colour –
Green



Favourite meal –
Lamb Biryani



Favourite hobby –
Tennis



Favourite animal –
Cat



Bucket list holiday –
Japan