My name is Courtney Ayres and I am a Volunteer and Junior Trainee Carer in a local private care home. I work in Social care for the elderly and found this job through the Connect to Care programme run by the Training & Development Team.

A typical day for me consists of:
- Making residents teas and coffees
- Assisting residents with eating and drinking.
- Doing Hair and nails
- Making beds
- Reading and talking to resident, interacting and listening to life stories, cooking with residents and escorting them when they go out.

The training that I have completed helps me in my role. I have done:
- Level 2 in food hygiene
- P.O.V.A.
- Delivering Dignity
- Sensory Impairment
- Part Manual Handling

I enjoy my role and the best bits are talking to residents, getting them involved in activities, reading and singing to them and seeing them happy and working as part of the team with the other staff. There isn’t anything in my role that I can think that I enjoy the least.
I see my future within a role like this and caring for the elderly.