

Bev Matthews

Bridgewater Community Healthcare NHS Foundation Trust



Bev Matthews is a Community Health Worker at Bridgewater Community Healthcare NHS Foundation Trust. We spoke with Bev recently about her experiences of undertaking the Care Certificate, keep reading to find out more.

What is your current role?

I am a Community Health Worker. In my role, I will be championing health and wellbeing in Oakwood by raising awareness and signposting people to local services. This will enable people to make positive choices about their health and wellbeing.

How did you get into your current role?

I applied externally and joined the Trust in June. I previously worked in the private corporate sector in customer service and sales management for over 20 years, so this is a new sector for me to work in and a totally different role. I have done voluntary work and had a few transferrable skills that I could see myself using in this role.

I contacted Sharan Arkwright who was the appointed contact for the job specification and asked if she could tell me more about the position. I liked the sound of it and applied.

What were you doing when you completed the Care Certificate?

I have been getting to know the NHS and the Trust and the people working in each department and what they do. I have spent time shadowing health visitors, community nursery nurses, district nurses and school nurses getting to see what they do in their roles. I have attended training courses like resuscitation training, sage and thyme communication, infant feeding and mouth care matters. I have also had opportunities to attend external training like understanding domestic abuse and making every contact count for better health. I have also attended and supported with careers events.

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What did you like about the Care Certificate, has it helped you in your role?

I like that the care certificate got me thinking about why we do the things we do in our role, for example treating patients with dignity and respect.

Have there been any challenges?

I overloaded myself with information that I had collated to submit as evidence, so that was a little tricky working through that. If I was to do it again - I would keep it simple.

What are you doing now?

I am preparing to go out into the community - we now have our project lead who is supporting us with what we need, so that we are able to work safely and efficiently.

Any other thoughts?

Just a thank you to everyone who has let me spend time with them - I really have appreciated every opportunity.

The Care Certificate is an identified set of standards that health and social care workers adhere to in their daily working life. [Click here](#) to learn more about the Care Certificate.