

Sarah Dolat

Bridgewater Community Healthcare NHS Foundation Trust



Sarah Dolat is a Community Health and Wellbeing Worker at Bridgewater Community Healthcare NHS Foundation Trust. We spoke to Sarah recently about her experiences of the Care Certificate, keep reading to find out more.

What is your current role?

I am a Community Health and Wellbeing Worker.

How did you get into your current role?

I took an active decision to take a leap away from NHS Admin and clerical work to be more actively involved and front facing with patients.

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

I thoroughly enjoyed the exposure to so many different areas of community care, supporting families with new-borns through to palliative care. I feel more equipped to have meaningful discussions around physical/mental wellbeing and how to approach the same tactfully.



Have there been any challenges?

Yes, I have observed challenges/conflict faced by NHS workers and tough decisions which had to be made in the interest of patient safety.

What are you doing now?

The Care Certificate was undertaken as part of my role of being a Community Health and Wellbeing Worker.

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.