



Yogen Karuthasami
General Manager

A BIT ABOUT ME

I am easy going, approachable and young at heart! I like to see myself as someone who can be counted on in times of need.

I got into Health & social Care to make a difference in peoples lives and give them opportunities to be their own person and have the confidence to enjoy life, regardless of mental health impairment. Following in my parents' footsteps, I would like to emulate their care and dedication within my own business, which my wife and I set up 8 years ago

My Values

- Humour
- Honesty
- Loyalty
- Optimism
- Perseverance
- Teamwork





Alain Mpema
Support Worker

A BIT ABOUT ME

Tell me a bit about yourself

My name is Alain Mpema, I am from Burundi and have recently moved to the UK. I am a hard worker, I like to work as a team, and I like to listen people

I choose to work in Health and social care because I like to take care of vulnerable people and have a big passion for helping people who need it most.

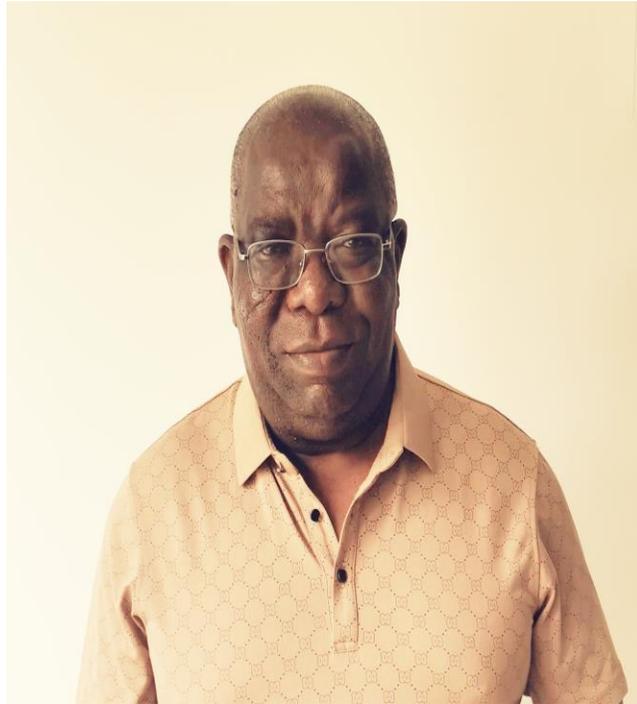
My Values

- Compassion
- Caring
- Team player



Sleapcross House
Helping you on the road to independence

A BIT ABOUT ME



Luke Mukubvu
Support Worker

Tell me a bit about yourself

I feel happy and good about myself, my family, and my community. I believe as humans, we have capacity to co-create a social environment in which we share happiness, peace, and a common destiny. As a husband, a father and grandfather, I have lived a whole life in which my cumulative social experience at work, within my family and in my community has been built upon the goodness of others. I am because of others. Doing good makes me feel good too.

Why did you choose to work in Health and Social Care?

My professional training and background are in public finances and governance. I hold a doctorate in Complexity and Change Management. After taking early retirement, I now want to spend the rest of my life experiencing a new world of social interaction in which I am providing a service to others at local level, while building a better community. I am seeking fulfilment through spreading happiness via shared wellbeing and mutual trust.

My Values

- Fairness
- Justice
- Diversity



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Sarah Campbell
Support Worker

A BIT ABOUT ME

Tell me a bit about yourself

I have over ten years of experience in Health and Social Care, starting as a Care Worker with those who have Profound Learning Disabilities. I later transitioned to working in Mental Health and supporting individuals with Learning Disabilities. Every day is a learning experience for me, whether it's about the people I assist or my role. I am a laid-back person who enjoys interacting with others, supporting them, and making a positive impact on their lives. I believe in treating individuals as unique, respecting their preferences in support. I am passionate about enabling people while encouraging them to achieve their goals. My patience and understanding help me to consider different perspectives, and I always give 100% in my work.

Why did you choose to work in Health and Social Care?

I came into Health and Social Care as I wanted to make a difference to people's lives by helping them with all aspects of their needs.

My Values

- *Empathy*
- *Compassion*
- *Patience*



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Holly Karuthasami
Operations Manager

A BIT ABOUT ME

I am a busy mum of three doing my best to juggle a happy home life and thriving service. I believe it is my job to lead with kindness, compassion and high standards. I also love a thrilling box set and walking my dog

I chose to work in Health & Social Care because I believe I have a positive influence on others with my caring, compassionate approach. I also have a meticulous eye for detail, which I use to my advantage with the paperwork side of my role

My Values

- Fairness
- Curiosity
- Kindness
- Love of learning



A BIT ABOUT ME



Temitayo Momoh
Support Worker

Lya bode Temitayo Momoh is my name, and I am passionate about helping people in the health and social care fields. Having worked in a variety of healthcare environments for years, I have a great understanding of people's particular needs and a strong ability to establish a personal connection with them. I am dedicated to continuing my professional growth and have finished online courses in pertinent subjects. My goal is to create a secure, nurturing, and supportive atmosphere for clients through my attention to detail, great organisational and communication skills, and overall strength. I like to engage in activities outside of work, and I'm eager to support the objectives of your company.

The reason I chose to work in health care is my passion for helping others and making a positive impact has led me to pursue a career in Health and Social Care. I am motivated by the impact dedicated care I have on individuals' lives, emphasising the importance of empathy, patience, and skilled care. The field's holistic approach to health and well-being, encompassing mental, emotional, and social aspects, aligns with my belief in understanding and addressing diverse needs. The opportunity for continuous learning and personal growth is also compelling, as the field is ever evolving. The sense of fulfilment and purpose from working in Health and Social Care is unparalleled, as it allows me to contribute to the well-being and happiness of others. I am dedicated to providing compassionate, high-quality care and look forward to a fulfilling career in this noble field.

My Values

- *Patience*
- *Compassion*
- *Integrity*





Pete Moulton
Senior Support Worker

A BIT ABOUT ME

I am a football loving,
Westham supporting
follower of fashion!

I chose to work in health
care, along with paying
the bills, if I can help
others I will

My Values

- Openness
- Honesty





Abike Gwendolyn
Support Worker

A BIT ABOUT ME

I am a self-motivated, ambitious, and selfless individual. I genuinely enjoy caring for others and find fulfilment in making people feel happy and valued.

I chose to work in health and social care because caring for others has always been my passion. I find genuine fulfilment in showing compassion and making a positive difference in people's lives.

My Values

- Integrity
- Compassion
- Respect





Mechia Richards
Support Worker

A BIT ABOUT ME

I think I am a fun, easy-to-get-along-with person anyone can come to if there's an issue.

I chose to work in health and social care because I enjoy helping others. Knowing that the service users are getting the help and support they need is very rewarding.

My Values

- *Dignity*
- *Compassion*
- *Respect*





Sumi Momoh
Support Worker

A BIT ABOUT ME

I am a multi - dimensional person, who loves interacting with and helping others. I listen & respond well. I am reliable & responsible also a quick learner. I have always been passionate & worked towards a career in care & choose to support humanity with my services. Working as a health & social carer is extremally rewarding. Giving home & the fact you know you have improved some ones day and in turn their quality of life can make it all feel extremely worthwhile

My Values

- Individuality
- Confidentiality
- Dignity





Emilia Egba
Support Worker

A BIT ABOUT ME

I am currently studying Psychology at the University of Hertfordshire. In my free time I enjoy cooking, eating and hanging out with my friends. I also enjoy signing. I hope to pursue a career in psychology in the future as I feel I have the skills to help people who need it.

I chose to work in Health and Social care because I am passionate about helping people become the best versions of themselves and to contribute to a greater and happier community as a whole.

My Values

- Empathy
- Transparency
- Communication





Chika Daniel
Support Worker

A BIT ABOUT ME

I consider myself a team player, and I don't mind taking on solo projects, too, but I prefer to work as a team and can juggle multiple tasks at once. I am communicative, detail-oriented, and versatile.

I like to think I have a genuine passion for helping and caring for people. I'm dedicated to providing high-quality care. My choice to work in Health and Social Care is purely out of passion, not for profit.

My Values

- *Compassionate*
- *Respect*
- *Commitment*





Tracy McCormack
Team Leader

A BIT ABOUT ME

My life is brightened by my two amazing daughters and my wonderful partner. Our family enjoys long walks with our dogs, embracing the countryside and nature. Connecting with people is something that truly resonates with me; finding balance is where I find my happiness. For me, kindness and caring are at the core of everything- I strive to embody these values wherever I go.

I've always felt drawn towards social care because of the needs of my two sisters. Caring for them comes naturally to me, its part of who I am. Seeing their needs and providing support has been a significant part of my life, the understanding I've developed through this experience has driven me toward a path where I can support others in similar situations.

My Values

- Kind-hearted
- Compassionate
- Togetherness





Abin Peter
IT & Admin Officer

A BIT ABOUT ME

I am a kind and patient person with a tremendous desire to help others. I've worked as a support worker for one year now. I think of myself as a good listener and a problem solver. I recently received a PG in Computer Science from the University of Hertfordshire. I am well-versed in IT and the healthcare industry. My interests include exploring new technologies, watching films, going on trips, and trying foods from various cultures.

I chose to work in Health and Social Care because I have a strong passion for helping others and making a positive difference in people's lives. I find the work in Health and Social Care to be challenging and rewarding, as it requires a unique combination of compassion, empathy, and practical skills.

Another reason why I chose to work in Health and Social Care is the sense of fulfilment that comes from knowing that you have made a positive impact in someone's life. It's incredibly rewarding to see individuals grow and develop as a result of the care and support they receive.

My Values

- **Kindness**
- **Respect**
- **Growth**





Abin Peter
Service User Integration
Officer

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I am a kind and patient person with a tremendous desire to help others. I've worked as a support worker for one year now. I think of myself as a good listener and a problem solver. I recently received a PG in Computer Science from the University of Hertfordshire. I am well-versed in IT and the healthcare industry. My interests include exploring new technologies, watching films, going on trips, and trying foods from various cultures.

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My Values

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- **Respect**
- **Growth**





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My Values

- **Kindness**
- **Respect**
- **Growth**





Teyan Karuthasami
Support Worker

A BIT ABOUT ME

Tell me a bit about yourself.

I really care about creating a positive environment where people feel valued and supported. I'm easy-going and like to bring humour into my work; however, I also push for the very best for the people we support. I'll always encourage them to make choices that are right for them and help them move forward. I believe it's important that every member of staff goes the extra mile so that each person we support has the chance to reach their full potential.

Why did you choose to work in Health and Social Care?

I chose to work in health and social care because I find it deeply rewarding to make a positive difference to people's wellbeing. I believe that human connection is at the heart of this role, and in a world where so many jobs are becoming automated, this is one of the few that can only truly be done by a person.

My Values

- Compassion
- Effort
- Humour

