

Meet Sophie

Deputy Manager, Smitham Downs Road



Sophie has always enjoyed working with people and studied health and social care at GCSE and A-Level. She found a role working with people with learning disabilities and has since progressed through a number of senior roles to become a deputy manager for Smitham Downs Road, which is a care home run by the Care Management Group.

What is a deputy manager in social care?

Sophie works as a deputy manager at Smitham Downs Road, a residential care home providing care and support for people with learning disabilities.

As deputy manager she supports the registered manager with the day-to-day running of the home. She supports the management of 16 members of staff, and is responsible for ensuring they provide good quality care and encourage people to live as independently as possible.



She enjoys supporting people and seeing how happy they are when they achieve something. The thing she's most proud of achieving in her career was when she supported an individual who had previously been sectioned, to get to the point where he was able to live independently in his own flat.

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How did she get here?

Sophie studied health and social care at school (both GCSE and A-Levels). She found that she enjoyed working with people so decided to apply for a role in social care through a recruitment agency.

She worked initially as a care worker and started to take on additional responsibilities. After a short while she was approached by the company regional director about taking on a lead carer role.

Unfortunately the care home she was working in closed down but she soon found a similar position at Smitham Downs Road, where she has since been promoted to her current role as deputy manager.

Sophie has recently started a team leader qualification to support her in her role, and also hopes to do a level 4 diploma. The organisation provides regular training opportunities and Sophie is undertaking an internal management programme to further develop her skills.

Where can it take her?

Sophie originally thought she would move into the healthcare sector, but enjoys her job so much she's decided to stay in social care.

She hopes to develop her management skills and progress to become a registered manager and maybe open her own home in the future.

What would she say to others interested in a career in care?

If you get satisfaction from supporting people to achieve things then there's no better job you could be doing. Sophie says care work is so rewarding when you see people developing their independence and confidence.

There are so many opportunities in care that you'll never be out of a job

