

Rob:

I've been here oh gosh 25 years in this particular area working in Adult Care and Support. Before that a few years in Children Services and I had quite a good variety of experience in all this time now.

Last job was working in the hospitals before Coronavirus but we were moved out of there because of not wanting to add to the problems of people coming in so this Discharge to Assess team has been created as a result of that and we're now working with people who've had to move out of hospital, maybe to nursing or residential homes, and either trying to help them return to home eventually once they're fully recovered from whatever brought them into hospital or helping them to adjust to a new life in a new environment. Situations are quite variable but yeah lots of varied experience. I've worked with different teams throughout the years, community teams also a sensory loss team and then back in the old days there was sort of a generic sort of team for particular areas like the areas say Redruth, Camborne and even Helston in my first job in Adult Care and Support. So I've seen lots of changes. I'm probably, it's fair to say, one of the veterans of adult social care now so yeah, I've enjoyed most of it you know, there are challenges, don't get me wrong, and I've appreciated all the support I've had along the way from managers and colleagues, lots of peer support along the way and yeah there's been quite a few opportunities for learning and development too with our training team and yeah I could fill a folder full of all the training in that time so yeah good good experience. I'm really glad I made the move from coming from up country all those years ago. When you start out as a social worker you're at what's called a level two that's the kind of basic grade. I managed to come in on a level two but luckily my manager at that time who interviewed me recognised other experience I'd had and sort of bumped me a bit higher on that level and because I'd had some experience in the children's team as well prior to this work in adult social care I was able to get quite a quick throughput to this level three progression which is the higher grade of social work and I'm on that, on the highest level of the grade now through being here for so long really. I have dabbled in, dipped my toe in a management post but it wasn't really for me. I prefer being a social worker working directly with the people and in their various situations and I think I'm more suited to that so I've been happy to be be a social worker, stay as a social worker this time albeit having temporary experience in management posts. But yeah I'm really glad to be the social worker again. From upcountry I was in London back in the 90s when I moved down and I found in my early 30s that the pace of life and the rushing around and the little levels of aggression that were coming into life back then not really to my liking and I'd come down on a walking holiday down here and I just fell in love with the places, the coastline the sea. But the most fundamental thing I think is the people and the way of life. It's just more relaxed here. Culturally it's different. I'm loving the fact that you can be out in wonderful

countryside and then shortly after being in a busy town. You've got options here you know, it's not like you're stuck in one place where it can feel a bit imprisoned you know. This is quite a vast expanse of land in Cornwall here you know. There's so much to see and enjoy and a lovely pace of life.