

# MEET MILLIE BEECHAM

W E L L B E I N G  
A S S I S T A N T



## WHAT IS A WELLBEING ASSISTANT

Millie works as a Wellbeing Assistant for Katherine Harriet, supporting vulnerable adults to live independently and safely in the comfort of their own homes.

Her role involves:

- Meeting new and existing Clients and their families
- Providing many forms of support and companionship in the clients own homes
- Medication Support, Nutrition Support including PEG feeding
- Providing Personal Care / Moving & Handling support
- Providing Stoma / Catheter Care / stroke / Palliative Care and Dementia Care when needed
- Supporting with a range of disabilities and ailments
- Promoting independence with all Clients that she supports
- Reporting of any concerns, illnesses or decline in any health
- Providing third party support with extended relatives, family and other health care professionals

Millie has also recently completed specialist training in PEG administration, from Hereford Hospital specialist team in nutrition, this will enable Millie to experience new responsibilities and carry out specialist services in relation to PEG feeding and medication administration.

Millie says her role varies on a daily basis, but the most important part is making sure people feel comfortable and confident in their own home.

## GET IN TOUCH

Email: [info@katherineharriet.care](mailto:info@katherineharriet.care)  
Website: [www.katherineharriet.care](http://www.katherineharriet.care)  
Address: 9 Broad Street, Hereford, HR4 9AP  
Telephone: (01432) 483083

## HOW DID MILLIE GET HERE?

Before joining us at Katherine Harriet, Millie worked in retail at a major supermarket, however, she always wanted to venture into the Care Sector as she is a highly compassionate person and thrives on supporting and caring for others.

## WHERE HAS THIS TAKEN HER?

Millie started Katherine Harriet, with no care work experience, however, as time passed it was evident that Millie was determined to support individuals to the best of her ability and has received excellent feedback from not only clients, but her fellow Wellbeing Assistant colleagues and Office Team. Millie is currently undertaking her level 3 Health and Social care apprenticeship, through Katherine Harriet and when she finishes, she would like to further her knowledge and complete her level 4. Millie has also become specialist PEG trained, which has also allowed her to practice new techniques and experiences.

## WHAT ADVICE WOULD YOU GIVE TO OTHERS?

"I would advise anyone that is thinking of becoming a Wellbeing Assistant, or venturing into the care sector, to just do it and give it a go, it can be nerve wracking at first, however after some training, shadowing and guidance it is worth it"

## TESTIMONIAL

"At Katherine Harriet, we look out for one another and we work together as one big team, you build amazing relationships with both clients and staff members which makes everyday special. I feel very proud to be a WBA for Katherine Harriet as I feel as though I make a difference everyday and allow people to stay in their homes comfortably."