

## A DAY IN THE LIFE



### Jason Bent

Keyworker and Young  
People Lead

Caritas [Anchor House](#)

#### Employee since:

May 2018

#### Location, location, location:

Canning Town

#### Previous job:

Substance Misuse  
Specialist, Blenheim CDP

#### PERFECT DAY

My perfect day starts nice and slowly - no alarms for sure. I like to ride my bike around the docks, and take the kids on a day out. I'd also cook up a good two course dinner for the family, and we'd spend some quality time together.

#### 06:00 OFF TO THE RACES

It's my job, along with my partner, to get all three kids their breakfast, into their uniforms and out the door. It's only a 20-minute walk to school, but I have to drop them to three different buildings, so it's a bit of a mission.

#### 09:15 GETTING STARTED

I check my emails for anything urgent. I have over 20 residents on my caseload, so there's often something I need to attend that's happened overnight. Today there's nothing urgent, so I fill my water bottle and start my day.



#### 10:00 MAKING FRIENDS

Today I'm having my first keyworking session with a new resident. We'll discuss their goals, motivations and pathway at Caritas Anchor House, as well our house rules.



#### 12:00 GRUB'S UP!

I grab my lunch in the work restaurant where both staff and residents eat. The food is hearty and portions are generous. We get food donations from the public as well as local supermarkets, so the menu changes each day.

#### 13:00 PENCIL PUSHING

Time to catch up on admin. It's important to record interactions with residents so the staff group are up to date. Since I've had my

first keyworking session with a new resident today, I have an outcome star and risk assessment to update.

#### 14:00 STRENGTHENING TIES

I'm in a steering group with one of our partners, Money House. We're exchanging feedback about the new programme and working out new timetables, potential new services, and strengthening our partnership.

#### 16:00 CALL TO ACTION

I get a call to do an emergency wellbeing check on a resident who was feeling unwell. We supported her to access medical attention, and thankfully, all was resolved quickly.



#### 18:30 ALL EARS

It's a late one today as it's our monthly Sounding Board meeting. We update residents with news and information and they can feedback their views and raise issues. During this meeting, residents said they'd like to introduce a weekly games night, which is a great idea, so we'll get the ball rolling on that soon.

#### 20:00 STILL WORKING

As I'm home late, my partner has taken the reins with dinner, and I'm greeted with a nice chicken curry. After eating, I check the kids' homework and storybooks and settle them in for the evening. Then we begin the cleaning rituals for the day, before it all starts again tomorrow. ■

We want to hear about  
a day in *your* life

🐦 @24housing

✉ editor@24publishing.co.uk

