**A Day in the Life of a Services Coordinator:**

1. Tell us a bit about your job, what do you like most about it and what are the challenges?

I have been working with Town Break for three months now and I already love it, it is an extremely rewarding job. Prior to this, I worked for the NHS as a Health Care Support worker for 15 years. What I love about my job at Town Break is the variety of services, their diverse locations, and how different each one is. You build up relationships and friendships with many people affected by dementia and volunteers. Sometimes when people first arrive, they are not sure what to expect but almost immediately, people relax, form friendships, and get involved in-group activities. What happens at Town Break continues after our groups; people build confidence, are happier, and return each week.
The saddest part of working here is the opposite of the happiest part and that is of course when you do see dementia progress. And if it's been a busy day it can get you tired out. You want to make sure you are giving someone the utmost attention and the team goes above and beyond helping each other out during busy periods.
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1. **What does your average day look like?**

No two days are the same. Some days are full on and some days you can relax with people and play Scrabble, dominoes, and Jenga with a cup of tea.

1. **A typical day**

You arrive at the office and prepare for one of Town Break’s groups. This could be anything from a Coffee & Blether through to a Lunch Club. They are all similar in format but what happens at each is completely up to our people – it is their group.

After preparations, it is out to the group. You arrive there early to set up and arrange plans for that day. You then facilitate the group with the help of volunteers, whom you are also responsible for.  The groups are all so special, individual and really do meet the most interesting people. People leaving with a smile on their face is the most rewarding part of the job and a great seal of approval.

After the group, it is back to the office for admin, database input, and preparation for the next day.

I would say to anyone who is thinking about joining Town Break give it a go!

My colleagues and I find it so rewarding.