

## Wellbeing sector stories: Compassionate leadership – Bluebird Care

### Emma Williams 0:04

Hello and welcome to the wonders of wellbeing news. Today we're going to be talking to the organisation Bluebird Care Mid and West Cornwall, and how wellbeing throughout the whole team is one of their top priorities, to make them feel valued, included, listened to, and really let them know that they're not alone, especially through the recent pandemic. We're going to be lucky enough to talk to some of the team members and also the Registered Manager Caroline Sommerville, so I hope you enjoy thank you for watching.

### Staff member one 0:35

Wellbeing is essential to us all, we can't function in our own lives and do the things that we need to do if we don't take care of ours nBm0 g0 G Hello'ans of 5 03 ITJET 0a.4

matter was, is that there was always somebody there to talk to, and, you know,

stringent rules. They've closed the pubs and restaurants, the libraries and the schools. We all feel sad and lonely, this certainly is true. But we can all help each other from feeling quite so blue. Be kind, be patient, be sensible and strong. Work with care and caution and pray it won't last too long. Always remember Bluebirds we