When my Mummy went to work







By Stephanie Wright, Excelcare, CambridgeIllustrations by children who are friends of Excelcare



I started school and my Mummy got a job!



My Mummy is a Healthcare Assistant and she is my hero!

When she isn't at home with me she is looking after people who need her help.

















Made a cup of tea for a man named John, who was in the Royal Navy and fought for our country in World War 2! He told Mummy lots of war stories.







Helped a lady get dressed who used to make dresses for the Queen!









Sat with a lady called Lily in the garden, who showed her how she grows huge tomatoes!

Lily talked about how she used to grow vegetables with her husband and together they planted more tomato seeds.









Helped a man called Michael with his leg exercises. He told mummy how he used to play football at Parkers Piece which is where the first official rules of football were played!





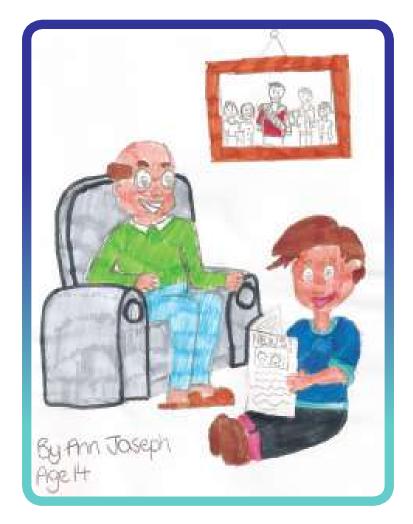




Comforted a lady called Mabel who has dementia and can sometimes get upset and confused, although she is 86 sometimes still looks for her mother.

My Mummy sat with her and talked about lots of lovely family stories and what a lovely lady Mabel's mother was.







Read a newspaper to a man named Gilbert, who used to be the Mayor of Cambridge.

He and told my Mummy lots of stories about all the buildings he opened!









Helped a lady called Doris hang beautiful paintings on the wall that Doris had once upon a time painted.

My mummy then helped Doris get everything she needed to start painting again and Doris was very happy!



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Come and meet our heroes!





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