**Returning to work after a career break - Dionne's story: Transcript**

0:00 It's never too late to retrain and change your career.

0:03 It was a positive experience.

0:06 It exploded some of the myths for me about an older person returning to work.

0:11 My name's Dionne Henry. I am a soul midwife.

0:14 We work with people who have all sorts of beliefs.

0:17 We are companions to the dying and we work in

0:21 hospitals, people's homes, care homes and hospices.

0:25 It's nice being back at work.

0:27 One of the key things I find about work

0:28 is a social aspect and, yes, it's about my sense of purpose.

0:32 I'm making a difference in the work that I do,

0:34 and they say when you love the work

0:36 you do, you'll never work another day in your life.

0:38 Looking at Jobcentre Plus, looking at the Government's websites,

0:42 I found that there was a platform for older people.

0:45 When I did my skills audit and I took the step to look at

0:48 what was available out there to people of my age group,

0:51 I was pleasantly surprised and that was quite reassuring.

0:54 Although I would say it was not without its anxieties,

0:59 I was worried about starting from a low baseline and I was worried about people

1:05 being prejudiced against my age and also my ethnicity as well.

1:08 I'm a black woman trying to get back into the workplace.

1:12 That did occupy my thoughts.

1:15 Quite a bit. Many myths were exploded.

1:18 Many myths were exploded, working with different age groups.

1:21 Everyone has something to offer, even if they're older.

1:24 I've always been a positive person, but this has enhanced my positivity

1:27 and also my sense of who I am,

1:30 "Am I all I ought to be?"

1:32 And I am.