



# Peter Rogers

## from international rugby player to social carer

Peter Rogers, 50, former Wales international rugby player has become a social carer and currently studying towards his Level 2 in Health and Social Care



Peter's career started whilst playing for South Africa between 1996 – 1998 and upon his return he signed for English club London Irish. Whilst at London Irish Peter got contacted by the national squad.

Peter who attained 18 caps for Wales between 1999 and 2000 has taken inspiration from his father who was a social care worker.

Peter retired at the age of 35 and set up a property business. Once his kids had become more independent, he decided he wanted to give something back to the community and started working for Right at Home 18 months ago on a part-time basis.

Peter explains "the reason I choose social care is because I get a

positive every day, which you do not get in any other job". Peter initially was only going to continue with his role for 12 months but now he states, "I can't stop" and admits it's a total change of scenery from his rugby playing days.

Peter thinks that as an ex sportsman it's an ideal job to work in health and social care for some time after your sporting career. Peter states "many ex professional sports people I know after finishing their sporting career are at a loose end and they don't know quite what to do".

Peter adds that when he was playing rugby "we never had mental welfare, we played rugby and got paid that was it, there was no transition".

Peter's initial perception of Apprenticeships was that they were for young people and he even joked as being "the oldest Apprentice in Wales". He now realises that "you are never too old to learn".

Since studying for his Level 2 Health and Social Care Diploma, Peter explained that this has now given him the confidence to speak with service users and family members. Plus, the knowledge he never had before.

Peter plans to continue with Right at Home on a part-time basis and hopefully progress to his Level 4 Health and Social Care with t2 group.