



Maggie Sargent & Associates

Sue Cobb RGN, RM, RHV

Quantum Care Reports

Clients: UK and International



Specialisms:

- Safeguarding
- Women's Health
- Healthcare Educator
- Elderly Patients
- Parkinsons
- Dementia Care
- Stroke
- Long Term Conditions
- Care Home Setting
- Paediatric Palliative Care
- Hospital Care
- Brain Injury
- Cerebral Palsy
- Learning Disabilities
- Autism

Profile:

As a **Health Visitor**, I have gained extensive experience in delivering comprehensive care across a wide range of patient needs, specializing in safeguarding, child development, advising parents about parenting and all aspects of child health, women's health, management of long-term conditions. I have successfully supported families with Parkinson's, dementia, and stroke recovery, tailoring care plans to promote well-being and independence. My role has also involved educating patients and families on health management and prevention strategies, ensuring clear communication and support. With a compassionate approach, I have worked with elderly patients to enhance quality of life, providing practical solutions for ongoing health challenges, while always maintaining a focus on safeguarding and patient-centred care.

With extensive experience in hospital and care home settings. In my role as **Associate Matron for Discharge Planning**, I acted up for Heads of Nursing and Matrons as needed, staying aligned with health policy and the Trust's strategic direction. I spearheaded the development of clear strategies for discharge planning, improving the patient journey by ensuring safe, effective, and timely discharges. I provided expert advice and managed complex delayed transfers of care. Additionally, I coordinated with multi-agency partners, including the Children's Outreach Team, to ensure smooth transitions for patients.

Previously, as **Discharge Coordinator**, I facilitated transitions from hospital to home, liaising between acute and primary care teams, and assessing patients for rehabilitation needs.

In my role as **Patient Flow Manager** at Warrington Hospital, I optimised patient flow, reducing inefficiencies and improving the experience for both elective and emergency patients through process mapping and live bed state management. My focus was on improving patient outcomes through strategic planning, collaboration, and seamless care transitions.



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In my role as **Project Lead for Complex Discharge Plans** at **Alder Hey Children's NHS Foundation Trust**, I successfully implemented a pilot program for complex discharges, including Paediatric Palliative Care Patients, improving efficiency through process mapping, education, and training.

As a **Freelance Case Manager** with UK Case Management, I have gained in-depth experience working with children and families affected by **Cerebral Palsy** and **Paediatric Brain Injuries**. I provided high-quality case management services, including the assessment of needs and preparation of costed case management reports for medico-legal purposes, particularly for clients with brain, and spinal injuries. My role involved coordinating and managing a wide range of rehabilitation programs and therapies, ensuring ongoing support both pre- and post-settlement. I worked closely with residential rehabilitation units, community services, and publicly funded bodies, as well as integrating support across both mainstream and special needs educational settings.

As a **Learning Support Assistant** at SAFA Community School, Dubai, I have gained extensive experience in supporting students with Autism, ADHD, and Learning Disabilities. I work closely with students who face behaviour challenges due to trauma (worked with a child adopted from a Gaza Orphanage), providing individualised support to help them stay on task and engage with the curriculum. I assist in the development of social skills and behavioural management strategies, ensuring a positive and inclusive learning environment. By collaborating with teachers, I help modify lessons to meet each student's unique needs and contribute to the implementation of Individual Education Plans (IEPs). I maintain open communication with teachers, SENCOs, and parents, providing constructive feedback and documenting student progress. Through these experiences, I have developed a strong understanding of adapting educational strategies and fostering a nurturing environment for students with diverse learning needs.

For the last 14 years I have had my own Health and Wellness Business, alongside my background as a Health Visitor, I am a dedicated Healthcare Educator with a passion for helping people improve their physical and mental well-being. During the COVID-19 pandemic, I did care work, providing essential support in clients' homes.

I actively contribute to the Manchester Homeless Project, organizing weekly "homeless runs" and fundraising events, ensuring those in need have access to vital resources such as clothing, food, and tents. My commitment to making a difference extends beyond my professional work to my personal life, where I cherish spending time with my four adult children and three grandchildren. I am driven by the desire to empower others, whether in health, in times of crisis, or through community-driven initiatives.

Qualifications and Memberships:

- RGN
- RM
- RHV
- LLAM Teachers Diploma