

January 2025
Newsletter



Partner²Care Needs Your Feedback!

At Partner to Care, we understand the importance of good communication. We're always looking for ways to improve and we hope this newsletter will help. We look forward to hearing more from you and welcome your contributions!

Click this link to send us your ideas on how we can provide you support in our quarterly newsletters:
<https://www.surveymonkey.com/r/6RHWNVW>

We are here to support all your needs whether you are an Employer and Employee – that could be family members, friends, neighbours, and any new team members.

Your wellbeing is of paramount importance, please do go to this webpage for some great resources on physical and emotional self-care: <https://www.mindworks-surrey.org/advice-information-and-resources/looking-after-yourself>.

Types of self-care

Emotional

Stress management, emotional maturity, forgiveness, compassion, kindness.

Social

Boundaries, support systems, positive social media, communications, time together, ask for help.

Physical

Sleep, stretching, walking, physical release, healthy food, yoga, rest.

Spiritual

Time alone, meditation, yoga, connection, nature, journaling, sacred space.



Did you know you can be a Blue Light Card Holder through Independent Living Group Membership but on top of this you have access to wellbeing advice and rewards & discounts? <https://www.ilg-pa.com/employed-pca/>



BS3 Community Care

A fresh approach to finding support you can trust.

Whether you need practical help at home, specialised care, companionship, respite, or anything in between.

BS3 Community Care is a unique local service that provides affordable care and support tailored to individual needs in the greater BS3 area.

Our mission is to create a strong, connected, and resilient community where everyone can access the personalised care they need.

Contact them to find out more:

<https://bs3communitycare.org.uk>
care@bs3communitycare.org.uk

0117 923 1039



Meet the Management Team

Tracey Roberts & Daniela Hart

P2C's Business and Service development Manager, Tracey Roberts, brings over 30 years of rich and varied nursing experience. Tracey's nursing journey began at Charing Cross Hospital in London, where she trained and worked before transitioning into community care as a District Nursing Sister. For many years, she provided compassionate care to individuals in their homes across the West End of London.

As her career and family life took her further south, Tracey continued to make her mark in the healthcare field, working across care homes and community settings. She later became a key player in the Funded Care team, where she played a pivotal role in establishing the Continuing Health Care Service. Tracey then moved into service redesign and improvement which eventually led her to embed Personal Health Budgets as a substantive service — a groundbreaking initiative that laid the foundation for the P2C service.



Daniela (left) and Tracey (right) along with recently retired Thelma.

Beyond her work with P2C, Tracey is an accredited ILM 5 Coach and Mentor, as well as an ILM 7 Business and Executive Coach. Her passion for helping others unlock their potential and achieve their best is at the heart of everything she believes in.

This year, Tracey has taken her passion for supporting others to new heights—quite literally! She fundraised for the Burnt Chef Project, a mental health initiative for the hospitality sector, by skydiving from 15,000 feet. She also organized creative fundraisers, including plant, cake, and book sales, and a Christmas hamper raffle, raising over £3,000 so far, with more exciting activities planned for 2025.

Daniela Hart With over 30 years of experience as a Registered Adult Nurse and Registered Children's Nurse, Daniela brings knowledge and compassion to every role she undertakes. Her extensive background spans acute care, primary and community healthcare, and continuing care, with specialisation in Continuing Healthcare (CHC) and Personal Health Budgets. Throughout her career, Daniela has experience in managing all types of assessments and reviews— from hospital assessments, fast-track reviews, appeals and retrospective assessments.

As the Clinical and Operational Lead for Partner2Care, Daniela is also an ILM Level 7-qualified coach, guiding teams at Sirona and other individuals to develop and achieve their goals. Daniela's passion lies in helping people gain choice and control over their healthcare, always striving to deliver person-centred care that makes a difference.

P2C Jobs Personal Care Assistants

Did you know we run a **Recommend a friend scheme** offering **£100 for each qualifying recommendation** (*terms and conditions apply*).

Go to <https://uk.indeed.com/cmp/Partner2care/jobs> for our current vacancies in Bristol, North Somerset and South Gloucestershire.