

## Partner2Care

### Annie's Story

Each one of our Personal Health Budget (PHB) holders have their own experiences and requirements, and we would love to share with you Annie's Story who has been a part of the Partner2Care (P2C) family since 2018.

Diagnosed with Limb Girdle Muscular Dystrophy Type 1E, Annie relies on a team of 12 PAs for round-the-clock care, enabling her to lead an active and fulfilling life. With P2C's support Annie has retained her independence, actively participates in her son's upbringing and enjoys a vibrant social life. P2C's patient-centred approach ensures Annie can 'live her best life'.

Annie has given consent for us to share her story in this short video which explains how P2C have supported her in using a PHB to help her to live as independently as possible.

<https://youtu.be/mk9LZoSVz0s>



### Infection Control

#### Hand, foot and mouth

**disease** is a common childhood illness that can also affect adults. It usually gets better on its own in 7 to 10 days. The 1st symptoms of hand, foot and mouth disease can be a sore throat, a high temperature and not wanting to eat. The 2nd stage usually starts a few days later and symptoms can include mouth ulcers, which can be painful, a raised rash of spots on the hands and feet, and sometimes the groin area and bottom. The rash of spots can look pink, red, or darker than the surrounding skin, depending on your skin tone. The spots can turn into blisters, which might be grey or lighter than surrounding skin and can be painful. Symptoms are usually mild and are the same in adults and children. To help the symptoms drink cool fluids to soothe the mouth and prevent dehydration (but avoid acidic drinks, such as fruit juice), eat soft foods like yoghurt and avoid hot, salty and spicy foods and take paracetamol or ibuprofen to help ease a sore mouth or throat.



### Fire Safety and Available Support

Avon Fire and Rescue service have some really useful tools about safety tips on their website: [Home fire safety - Avon Fire and Rescue Service](#) where you can complete a home fire safety check and request a home visit online.

# Meet the Nursing Team – a Tale of Two Halves

## *Sarah Davies, Zoe Higgs & Georgina Jones*

### ***Sarah Davies joined us as a Nurse Assessor & Trainer in 2023***

I qualified as a registered nurse in learning disabilities in 2000. I have spent most of my career working with young adults with profound and multiple disabilities and of course, their families and loved ones. Whilst I absolutely loved my work as a nurse, team leader and later, manager, for a charitable trust, I wanted to fulfil my dream of becoming a foster carer. I have been a respite foster carer for the local authority for six years and I also have a 4-year-old son. I started work with the Continuing Healthcare team in 2018 and I've had lots of diverse experience, where I have supported older people, those with dementia, acute mental health problems and people with behaviours that challenge. I am an informal carer for my aunt who has moderate learning disabilities (because of measles in infancy) which gives me insight into how challenging and rewarding it is to advocate and support a loved one.

### ***Zoe Higgs joined us as a Nurse Assessor & Trainer in March 2025.***

As a mature student I qualified as a registered nurse in 2008. I worked on the wards at Southmead Hospital and moved into working in the Community for Sirona care and health. Prior to qualifying as a nurse, I had been employed in other industries where I gained transferable skills in logistics, delivery driving, admin, sales, report writing, customer service, budgeting, managing others and finance. All my past nursing roles, Stroke Rehabilitation, End of Life Care, and Community Nursing as well as being a link nurse for Continence, has given me the confidence and opportunity to develop essential clinical and holistic skills for patient's, their relatives, and friends. Having been recently diagnosed with ADHD I have a renewed outlook on life especially as a mother of a 9-year-old. I am using the benefits of my diagnosis to approach patients' challenges with compassion, understanding and recognition of the needs of those who may have a neurodivergence as well as a clinical need.

### ***Georgina Jones joined us as a Nurse Assessor in 2020***

My nursing career started in hospitals and then moved into community nursing, promoting and maintaining independent living through information, guidance and training for patients, carers and families. Before P2C I worked in Continuing Healthcare, working on complex health assessments to determine eligibility for NHS funding and facilitating packages of care for those at the end of their lives. I have a keen interest in people improving and managing their own health and having greater choice and control in how they want to live their lives. I have really enjoyed my time working in a great team and meeting such lovely people (patients and their families). I will certainly miss it.

After 39 years in nursing, it is time for me to lay down the clinical mantle and take up the tennis racket and travel some of the world! I plan on retiring to enjoy life however my family will have other plans for me!

## **P2C Jobs Personal Care Assistants**

**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.

[Sirona.partnertocare@nhs.net](mailto:Sirona.partnertocare@nhs.net) 0800 111 4167 <https://www.partner2care.co.uk/>

# Fond Farewell and Happy Retirement!

*Thelma Howell, Linda Cord & Nicola Bambury*

## Retirement by Thelma

47 years in the NHS  
But what comes next, just have a guess?  
Lazy mornings, very late nights  
Electric bike rides exploring the sights.  
Meeting friends for coffee and cake  
Lots to gossip, for Pete's sake!  
Clearing out cupboards,  
sifting through memories  
Donating old stuff to my  
favourite charities  
Clothes, shoes, then the loft I expect.  
Watch out son, your rooms next!  
Playing Padel tennis is  
my newfound sport.  
Running the width and  
depth of the court  
It's the fast-growing game  
for us over 60s.  
But does take its toll on  
our hips and knees.  
Baking cakes and trying new menus  
1000's saved from which to choose!  
DIY tasks stacked up over the years.  
No excuse now, just blood,  
sweat and tears.  
So, I think I've found  
retirement suits me?  
Just as soon as I locate  
my missing salary!

**Nicola's thoughts on retirement...** the Partner2Care team has a strong shared commitment in ensuring that personal health budgets give people the control, independence and flexibility to organise their care, in a way that best supports their individual care requirements. Also, as advocates, the P2C team consists of skilled individuals who share a united commitment in ensuring that people's voices are heard, their views are expressed, and ultimately better outcomes are achieved. For me though, reaching retirement feels a bit like the start of the summer holidays back in the 1980s. Free from routine, the days feel exciting and full of anticipation, the challenge however remains the same as in the 1980's, to have as much fun as possible, on the least amount of money.

**Linda's Retirement thoughts...** mixed emotions, happy to have more family time but sad to be leaving my nursing career behind and my fab colleagues at P2C.

I've loved working with so many different people over the years, there have been challenges along the way but generally, it's been great. I have felt so fortunate to end my time with such a brilliant team - keep up the good work.