

Brighton & Hove City Council Register of Approved Personal Assistants

If you would like to contact an approved personal assistant from this register but are unable to do so by e-mail please call Support with Confidence on (01273) 292494

www.brighton-hove.gov.uk/supportwithconfidence

Updated August 2019

Date of Registration	Name	Availability	Area	Rate of Pay p/h
July 2019	Emma	Up to 12 hours, 2-3 days a week, a 10am–2pm	Brighton & Hove	£9-£10
April 2019	Marek	Up to 40 hours, 5 days a week, 9am – 5pm	Brighton, Hove & Portslade	£10
January 2019	Liz	Available from 6am – 11pm (variable days/hours)	Brighton (possibly Rottingdean & Lewes)	£10
January 2019	Victoria	Up to 30 hours, 5-6 days a week, Monday –Tuesday 8am – 6pm, Wednesday-Saturday 9am- Midday	Brighton & Hove	£11 minimum
December 2018	Mineva	Up to 15 hours, 2-3 days a week, 9am – 4pm	Brighton, Hove, Portslade	£10
August 2018	Wolfgang	Up to 10-15 hours, 2-3 half days a week, 10am – 2pm and 2pm – 6pm	Brighton & Hove	£10
July 2018	Zuzana	Up to 20 hours, 5 days a week, 9am – 1pm	Brighton & Hove	£9-10
May 2018	Jason	Up to 25 hours, 4 days a week, 9am – 5pm	Newhaven, Brighton & Hove	£8-10
February 2018	Delia	Up to 20 hours, 2 days a week, 8am – 5pm	Central Brighton, Kemptown	£10 minimum
February 2018	Souping	Up to 12 hours, 5 days a week, noon – 6pm	Portslade & Hove	£10
February 2018	Ingrid	Up to 16 hours, 3 days a week, 11am – 4pm	Rottingdean, Saltdean, Brighton, Peacehaven, Newhaven	£10
January 2018	David	Up to 25 hours, weekdays only, 9am – 5pm	Within 5 mile radius of central Brighton	£12-15
December 2017	Donna	Up to 25 hours, 5 days a week, noon to 6pm	Brighton & Hove	£9+
September 2017	Lindsey	Up to 25-30 hours a week, 9.30am – 6pm	Brighton & Hove	£8-10



Date of Registration	Name	Availability	Area	Rate of Pay p/h
May 2017	Helena	Flexible	Brighton & Hove	£9-10
April 2017	George	Up to 30 hours a week, 9am – 12noon (Monday, Wednesday and Friday), 9am – 5pm (Tuesday, Thursday)	Brighton & Hove	£9-10
Nov 2016	Andrea	Up to 20 hours a week, 10am – 5pm	Brighton & Hove	£8-10
July 2016	Catherine Turner	Up to 15 hours a week, 2-4 days a week	Brighton & Hove	£8.50-9.50
May 2016	Janine	Up to 40 hours a week, 5 days a week	Brighton & Hove	£12
April 2016	Paul	Up to 30 hours a week, 8am – 10pm	Brighton & Hove	£8-10
April 2016	Izzie	Up to 30 hours a week, 8am – 5pm	Brighton and Hove	£15-18
Feb 2016	Julie Bonny	Capacity fluctuates – contact for availability	Patcham & West Sussex	£18
Jan 2016	Agnes	Flexible	Brighton & Hove	£8-9
Sept 2015	Sheila	Up to 15 hours a week, 2pm – 5pm	Central Brighton	£8-10
Jan 2015	Fiona	Up to 30 hours a week, 7am-2pm / 2pm – 10pm	Brighton & Hove	£8-10
Nov 2014	Rebecca	Up to 10 hours a week	Brighton & Hove	£10-12
Oct 2014	Aya	Up to 15 hours a week, over 3 days, 9.30am - 2.30pm	Brighton & Hove	£8.70
Sept 2014	Cheryl	9.30am – 2.30pm, 5 days a week, up to 20 hours	Brighton & Hove	£8-11
July 2014	Amleto	Flexible – up to 20 hours a week, 5 days a week including weekends	Brighton & Hove	£10-12 / £12.50 weekends
August 2013	Lara	Monday - Friday 9.30 - 2.30 (Possible extra hours if required)	Brighton	£8-10
June 2011	Simon	Currently no availability	West Sussex	£8-10
July 2011	Maxine	Flexible	Central Brighton / Hove / Kempdown	£10-12
June 2011	Roza	16hrs p/w 10-6	Brighton & Hove	£8-10



Emma



Support with
Confidence

- I am a female PA
- I am available to work up to 12 hours a week, 2-3 days a week, 10am – 2pm, and am available during school holidays.
- I have worked caring for children in schools and after school clubs for many years. I have also cared for children in a children's home as a 'Residential Social Worker'.
- I have undertaken lots of training in supporting learning in schools, much of my training involved learning about individual differences and supporting for individual needs.
- I have done training in the area of communication – this included supporting with some Makaton signing. I have worked with children with specific learning difficulties and worked inclusively in play schemes.
- I am looking to support an individual with their daily needs, and goals and support their longer-term plans and aspirations.
- I am a caring, organised, friendly and supportive individual. I am proactive, hardworking and reliable, always able to think and plan as to what best supports a task or activity. I am used to planning in my work, supporting and taking on responsibility to get tasks done under direction and independently.

Emma has undergone an Enhanced DBS check and has completed the following courses:

1. Understand your role
2. Understand and maintain personal development
3. Duty of Care
4. Understand equality and diversity
5. Work in a person centred way
6. Communication
7. Privacy and dignity
8. Fluids and Nutrition
9. Awareness of mental health, Dementia and Learning Disability
10. Safeguarding adults and children
11. Basic life support
12. Health and safety
13. Handling information
14. Infection prevention and control
15. Safeguarding Adults **valid from July 2019**

Contact Details

Tel: 07810 160869

Email: gazellathon@yahoo.co.uk

Registration Number APP/SWC/PA/19-07-19



Support with
Confidence



Marek



Support with
Confidence

- I am a male PA
- I am a driver with use of a car
- I am available to work up to 40 hours a week, 5 days a week, 9am – 5pm, and am available at weekends, during school holidays and short notice cover.
- I have also been trained in:
 - Basic Safeguarding for Children and Young People
 - First Aid for Child Carers
 - Food Hygiene
 - Level 2 – Health and Safety
 - Manual Handling and Lifting

Marek has undergone an Enhanced DBS check and has completed the following courses:

1. Understand your role
2. Understand and maintain personal development
3. Duty of Care
4. Understand equality and diversity
5. Work in a person centred way
6. Communication
7. Privacy and dignity
8. Fluids and Nutrition
9. Awareness of mental health, Dementia and Learning Disability
10. Safeguarding adults and children
11. Basic life support
12. Health and safety
13. Handling information
14. Infection prevention and control
15. Emergency First Aid **valid from April 2019**

Contact Details

Tel: 07756 907380

Email: Md9139@yahoo.co.uk

Registration Number APP/SWC/PA/23-04-19



Support with
Confidence



Liz



Support with
Confidence

- I am a female PA
- I am available to work up from 6am – 11pm and am available weekends, during school holidays and can do short notice cover.
- Helped my elderly parents with shopping, meal preparation, paperwork etc. when they were unwell
- Edited several publications for healthcare professionals. Have also been an administrator for the NHS and for Brighton and Hove City Council.
- Friendly, professional, trustworthy, helpful and keen to learn.
- Can also help with basic DIY, gardening and pet sitting.
- Wide range of interests, especially in the arts (I write music), DIY and nature

Liz has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Emergency First Aid **valid from September 2018**

Contact Details

Tel: 07713 353108

Email: brightonpa@outlook.com

Registration Number APP/SWC/PA/21.01.19



Support with
Confidence



Victoria



Support with
Confidence

- I am a female PA
- I am available to work up to 30 hours a week, 5-6 days a week, Monday –Tuesday 8am – 6pm, Wednesday-Saturday 9am- Midday and am available weekends and during school holidays.
- I love my job as I am very caring and compassionate. I enjoy helping people in need and spare no effort in supporting and assisting my clients with everything they need while in my care.
- I take great personal satisfaction in the good quality of my work.
- I am highly motivated in my job and everything what I am doing; I am doing it carefully, with responsibility and in the best way. I am a quick learner. I am a hard worker, organized, efficient and accurate, approachable, a very good team player with a positive attitude and empathy for others, I have ability to adapt easier to new people and environments.
- Possessing good IT and managerial skills, speaking Romanian, English and Russian and an excellent customer care service (washing, dressing, assisting with toileting, nutritional support, moving and handling);
- Experience of monitoring vital signs including: temperature, blood pressure, pulse, respiratory rate.
- During my job experience in live-in, domiciliary and personal assistant I offered help with: End of life care, Dementia care, Parkinson's care, Cancer care, Multiple sclerosis care, Wheelchair care, Catheter and Stoma care, Feeding care.

Victoria has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Emergency First Aid **valid from October 2018**

Contact Details

Tel: 07492 519148

Email: viky_990@yahooof.com

Registration Number APP/SWC/PA/07-01-19



Support with
Confidence





- I am a female PA
- I am a driver with use of a car
- I am available to work up to 15 hours a week, 2-3 days a week, 9am – 4pm and am available during school holidays and do short notice cover.
- I regularly took my father out and took him to all his medical appointments who had a mixture of Vascular Dementia/Alzheimer's. He had a Zimmer frame and then a wheelchair so I am used to assisting with these. He sadly passed away last year but I also assist my mother who is independent but I do all of her paperwork, deal with all correspondence and assist with shopping and appointments. She has a wheeled walker which I get in and out of my car.
- I have a current First Aid at Work Certificate and have undertaken Mental Health Awareness Training, Manual Handling & Safer Lifting of Loads and have a Level 2 Award in Risk Assessment.

Mineva has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Safeguarding Adults **valid from December 2018**

Contact Details

Tel: 07756 516131

Email: minhills@gmail.com

Registration Number APP/SWC/PA/22.12.18



Wolfgang



Support with
Confidence

- I am a male PA
- I am available to work up to 10-15 hours a week, 2-3 half days a week, 10am – 2pm and 2pm – 6pm and am available at weekends and during school holidays and do short notice cover.
- I am a young 71 years of age, well spoken, very well organised.
- Bi-lingual (English/German)
- Animal lover
- Presently caring for my partner

Wolfgang has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Emergency First Aid **valid from September 2018**

Contact Details

Tel: 07711 960568

Email: wolfiebecker@yahoo.co.uk

Registration Number APP/SWC/PA/10.08.18



Support with
Confidence





- I am a female PA
- I am available to work up to 20 hours a week, 5 days a week, 9am – 1pm and am available at weekends and during school holidays.

Zuzana has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Emergency First Aid **valid from September 2018**

Contact Details

Tel: 07981 960288

Email: Zuzana_translator@yahoo.com

Registration Number APP/SWC/PA/09.07.18



Jason



Support with
Confidence

- I am a male PA
- I am available to work up to 25 hours a week, 4 days a week, 9am – 5pm and am available at weekends and during school holidays and do short notice cover.
- I have experience of working in care from 1997-2005
- Blue Arrow Nursing Care 1998-2005 – Nursing Assistant in residential homes and in Hove's Psychiatric hospitals Mill View and Westbourne. Providing individual care to in-patients in accordance with the Care Plan Approach as part of a multidisciplinary team.
- Care Co-ops 1997-2003 – Starting as a volunteer in 1997 during my Degree (in Social Policy), before becoming a sessional worker from 1998-2003. Working with adults with learning difficulties and mental health problems.
- I have experience of working as an administrator from 2005-2017. Providing administrative support to colleagues, employees and customers/clients in a range of organisations including Surrey and Sussex Probation Trust, Brighton & Hove Council and Care Commissioning Group.

Jason has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Safeguarding Adults **valid from May 2018**

Contact Details

Tel: 07986 347229

Email: jassynthesis@gmail.com

Registration Number APP/SWC/PA/17.05.18



Support with
Confidence



Delia



Support with
Confidence

- I am a female PA
- I am available to work up to 20 hours a week, 2 days a week, 8am – 5pm and am available during school holidays and do short notice cover.
- I am a friendly and caring person, who has a sense of humour. I am flexible and adaptable, and work well under pressure, and am able to work on my own initiative.
- I am honest and trustworthy.
- I have gained considerable experience in the areas of mental health, older people and children and families in my role as a qualified social worker. I can provide further details if required.
- I speak fluent Spanish.

Delia has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Mental Capacity training **valid from February 2018**

Contact Details

Tel: 07786 991376

Email: djbr54@gmail.com

Registration Number APP/SWC/PA/22.02.18



Support with
Confidence



Souping



Support with
Confidence

- I am a female PA
- I am available to work up to 12 hours a week, 5 days a week, noon - 6pm and am available during school holidays and do short notice cover.
- I currently volunteer with Southdown as a Recovery College Student Buddy, this involves supporting clients of the College to enrol, attend and study. In addition to this I also have experience providing individuals support in the care sector, having worked for a care agency for over 3 years.
- I have extensive skills in the following areas:
 - Supporting a caseload of clients, managing my time effectively to ensure all individuals needs were met.
 - This included elements of personal care, administering medication, cooking and preparing food, supporting with washing.
 - In addition of cleaning, helping with basic administrative tasks and assisting with shopping.
 - A thorough knowledge of manual handling procedures, health and safety guidelines and safeguarding policies.

Souping has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Emergency First Aid **valid from February 2018**

Contact Details

Tel: 07876 081831

Email: Soupingkng975@googlemail.com

Registration Number APP/SWC/PA/14.02.18



Support with
Confidence



Ingrid



Support with
Confidence

- I am a female PA
- I am available to work up to 16 hours a week, 3 days a week, 11am - 4pm and am available during school holidays and do short notice cover.
- I am a person with a kind, warm and compassionate nature and a keen willingness to learn. I have worked in many different roles and have the physical ability to undertake the role, both as a team and individual worker.
- I consider that my skills are in my ability to build relationships as I enjoy getting to know the person or people I am working with. I believe that I am a very good listener and have strong communications skills. I like to be creative and enjoy working with people from different backgrounds. I am committed to building a career in health care and over the last year I have completed and passed a number of Health and Social Care Level 2 courses, achieving all my certificates.
- My personal qualities are honesty, integrity, caring, reliability, trustworthy, full of love and humour and am willing to go the extra mile.
- I do not smoke and will not be willing to work with clients who smoke.
- I love to crochet, do my garden mostly flowers and I love sewing.

Ingrid has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Emergency First Aid **valid from February 2018**

Contact Details

Tel: 07935 829505

Email: griddy2112@hotmail.co.uk

Registration Number APP/SWC/PA/14.02.18



Support with
Confidence



David



Support with
Confidence

- I am a male PA
- I am available to work up to 25 hours a week, weekdays only, 9am – 5pm..
- I have 16 years experience working in Adult Social Care (Brighton & Hove City Council) supporting adults with learning and physical disabilities and adults with complex support and communication needs.
- I have good verbal and written communication skills, excellent interpersonal skills and well developed organisational skills.
- I have experience supporting people to access the community, running activity sessions, writing and carrying out care plans, person centred plans and risk assessments.
- I have experience of supporting personal care needs, eating and drinking support, food preparation, medication administration, supporting health and medical needs and appointments.
- I have 6 years experience as a literacy and numeracy tutor at City College Brighton and Hove and have a certificate in assessing and supporting adults with dyslexia.
- I have 11 years experience as a primary school teacher and have PGCE.
- I am a keen musician and play guitar and banjo.

David has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Safer People Handling **valid from January 2018**

Contact Details

Tel: 07786 645111

Email: dpsimner@ntlworld.com

Registration Number APP/SWC/PA/08.01.18



Support with
Confidence



Donna



Support with
Confidence

- I am a female PA
- I am available to work up to 25 hours a week, noon – 6pm.
- I have ten years (voluntary and paid) work experience within Mental Health settings (Primarily day centres). I have worked with severe and enduring mental health issues, plus a range of other mental health issues.
- I have some experience of Asperger's as my step daughter is severely asbergic.
- In my last job, for Blind Veterans UK I worked with blind and visually impaired veterans, many of whom were elderly.
- I have sighted guiding training and wheelchair handling training.
- I qualified as a first aider Jan 17. I have been a caseworker and welfare support officer (Social Work Assistant) and supported clients with many aspects of their lives.
- Post Graduate Diploma in Art Therapy – 2000 from University of Hertfordshire

Donna has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Epilepsy training course

Contact Details

Tel: 07949 022863

Email: donnakantaris@outlook.com

Registration Number APP/SWC/PA/06.12.17



Support with
Confidence



Lindsey



Support with
Confidence

- I am a female PA
- I am available to work up to 25-30 hours a week, 9.30am – 6pm
- I have an NVQ2 in Health and Social Care, I am a qualified Mentor, have an RSA Counselling Skills in the Development of Learning as well as having trained as a volunteer Drug and Alcohol Counsellor with CRI.
- I have extensive knowledge of benefits and am experienced in helping to fill out forms.
- I am an experienced support worker with a flexible attitude to work with clients and endeavour to work in a person centred way.

Lindsey has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Emergency First Aid **valid from September 2017**

Contact Details

Tel: 07790 678365

Email: L.best53@ntlworld.com

Registration Number APP/SWC/PA/12.09.17



Support with
Confidence



Helena



Support with
Confidence

- I am a female PA
- I am flexible in my hours and day and am available at weekends and during school holidays and do short notice cover
- Having qualified as a teacher with experience of working in a Special Educational Needs (SEN) setting I possess a good awareness of specific and individual needs of people with many forms of disabilities including Autism, Physical and Learning disabilities, Epilepsy. Whilst working in these settings I am aware of some of the Health and Safety and First Aid concerns.
- From my training and experience I also have an interest in the use of Assistive Technology and ICT.

George has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Emergency First Aid **valid from April 2017**

Contact Details

Tel: 07759 373989

Email: helenatoddcareer@gmail.com

Registration Number APP/SWC/PA/23.05.17



Support with
Confidence



George



Support with
Confidence

- I am a male PA
- I am available to work up to 30 hours a week, 9am – 12noon (Monday, Wednesday and Friday), 9am – 5pm (Tuesday, Thursday and am available at weekends and during school holidays and do short notice cover
- I have worked in various catering environments and recently worked in the Pavilion Ice Rink and have always enjoyed working with members of the public and am looking to create a varied working week for myself and hopefully be able to help someone to remain living as independently as possible

George has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Emergency First Aid **valid from March 2017**

Contact Details

Tel: 07760 389672

Email: Georgebruce421@gmail.com

Registration Number APP/SWC/PA/17.04.17



Support with
Confidence



Andrea



Support with
Confidence

- I am a female PA
- I am available to work up to 20 hours a week, 10am – 5pm and am available at weekends and during school holidays and do short notice cover.
- I have Diplomas in Anatomy and Physiology, Sports Massage and Sporting injuries, Advanced Aromatherapy (NVQ Level 3), Reflexology and Acupressure Chair Massage
- I have a daughter who has learning difficulties, physical disabilities and epilepsy.
- I have been described as a very caring person. I am a good listener and communicator
- I am reliable, organised and professional

Andrea has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Epilepsy **valid from March 2017**

Contact Details

Tel: 07786 137559

Email: andrearusselltherapist@yahoo.co.uk

Registration Number APP/SWC/PA/15.11.16



Support with
Confidence



Catherine Turner



Support with
Confidence

- I am a female PA
- I am a driver with use of a car
- I am available to work anytime up to 15 hours a week, 2 – 4 days a week, and am available at weekends and during school holidays and do short notice cover.
- I am qualified social worker and am registered with HCPC
- I have a wide range of experience, knowledge and skills, having supported adults with learning disabilities, mental health issues, physical disabilities, ageing and health issues across a 30 year span.
- I am experienced in supporting people to maintain and develop their independence, to have a fulfilled life and to continue to learn new skills.

Catherine has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Diversity and Equality **valid from September 2016**

Contact Details

Tel: 07847 465993

Email: Cat.gue@hotmail.com

Registration Number APP/SWC/PA/29.09.16



Support with
Confidence



Janine



Support with
Confidence

- I am a female PA
- I am a driver with use of a car
- I am available to work up to 40 hours a week, 5 days a week
- I originally trained as an artist and have a real interest in using arts therapeutically
- I have a Postgraduate certificate in Integrative Child Psychology studies
- I have a Counselling Skills certificate
- I am a resilient and cheerful person, mature and with lots of life experience

Janine has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Safeguarding Adults **valid from May 2016**

Contact Details

Tel: 07939 108480

Email: janinecharles@hotmail.com

Registration Number APP/SWC/PA/06.05.16



Support with
Confidence



Paul



Support with
Confidence

- I am a male PA
- I am available to work up to 30 hours a week, 8am – 10pm and am available at weekends and during school holidays and do short notice cover.
- I enjoy cooking, walking, swimming and yoga
- I really enjoy working 1 to 1 supporting elderly and disable people
- I am kind, patient, empathic and like being in a role that helps people to remain living independently and to reach their potential

Paul has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Emergency First Aid **valid from March 2016**

Contact Details

Tel: 07449 315049

Email: p.mcgahey@icloud.com

Registration Number APP/SWC/PA/25.04.16



Support with
Confidence



Izzie



Support with
Confidence

- I am a female PA
- I am a driver with use of a car
- I am available to work up to 30 hours a week, 8am – 5pm and am available at weekends and during school holidays and do short notice cover
- I have over 16 years' experience in Adult Social Care, working with adults with learning disabilities and challenging behaviour
- I have an HND in Animal Science, and in 2004, I began 10 years working as an Animal Welfare Officer, visiting people and their animals, in a wide variety of wealth, health and life circumstances
- I am friendly, caring, reliable and professional, with a passion for helping people and their animals.

Izzie has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Dementia – Basic Awareness **valid from March 2016**

Contact Details

Tel: 07795 181481

Email: izzie@izziepba.co.uk

Registration Number APP/SWC/PA/28.04.16



Support with
Confidence



Julie Bonny



Support with
Confidence

- I am a female PA, self employed and insured for public liability
- I have my own car - insured for business use
- My capacity fluctuates so please contact me to discuss your requirements - Patcham and West Sussex
- I started my career as a PA after caring for my mother who had COPD and my father who had advanced Alzheimer's. I understand the varying needs of older people and those with dementia and cognitive impairment. I have worked as a PA for 3 years and provide consistent and dedicated support to a small number of clients. I adopt a gentle and holistic approach to care and like to maintain strong connections and contact with family members.
- I also have good knowledge of support services available for the elderly and disabled and can help with paperwork and benefit applications.
- Here are a few words of testimony from a few of my clients.....
 - "After nearly 2 years I have found Julie to be very flexible, reliable and trustworthy....and I would strong recommend her help and wide experience"
 - "Since engaging Julie last year she has consistently shown compassion, care and a willingness to "go the extra mile"
 - "Julie has not only a wealth of experience and insight in working with older people, (particularly those suffering from dementia), but a genuine warmth and empathy..... She is resilient when faced with challenges, and will persevere in a calming way, preserving the dignity of the client".

Julie has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Dementia – Basic Awareness **valid from February 2016**

Contact Details

Tel: 07709 768313

Email: julieslovinghomecare@gmail.com

Registration Number APP/SWC/PA/17.02.16



Support with
Confidence



Agnes



Support with
Confidence

- I am a female PA
- I am flexible concerning my hours and days and am available at weekends and during school holidays and do short notice cover.
- I am trustworthy, compassionate, patient

Agnes has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Emergency First Aid **valid from November 2015**

Contact Details

Tel: 07706 419581

Email: a.t.keplinger@hotmail.com

Registration Number APP/SWC/PA/14.01.16



Support with
Confidence



Sheila



Support with
Confidence

- I am a female PA
- I am a driver without use of a car
- I am available to work up to 15 hours a week, 2pm – 5pm and am available during school holidays
- I am warm, caring and reliable with patience and energy
- I am respectful of privacy and dignity of vulnerable adults
- I am experienced in care of disabled and elderly people on non-professional basis (including live-in care)
- I have good cooking skills
- I am trustworthy, compassionate, patient

Sheila has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Dementia Awareness **valid from November 2015**

Contact Details

Tel: 07871 474426

Email: Sheila_bell123@hotmail.com

Registration Number APP/SWC/PA/15.11.15



Support with
Confidence



Fiona



Support with
Confidence

- I am a female PA
- I am a driver with use of a car
- I am available to work up to 30 hours a week, 7am – 2pm or 2pm – 10pm, and am available at weekends and during school holidays.
- I have 22 years experience of working with primarily elderly blind and partially sighted individuals.
- I am very positive, reliable and completely trustworthy person.
- I am a good time keeper and I have a good sense of humour.
- I am creative. I am gentle and patient.
- My hobbies include reading, foreign travel, gardening, painting and driving. I enjoy the arts and current affairs, cooking, walking, swimming and the cinema.
- I am registered as a self employed carer for the agency named County Cousins. I can supply certificates for training undertaken. I hold a A Level and NVQ 2 in Social Care
- I have completed the following training: 04/04/2014 - Health & Safety including Risk Incident Reporting, 05/03/2014 - Fire Safety Awareness, 04/03/2014 - Basic Life Support, 27/02/2014 - Manual Handling, 20/08/2013 - Food Hygiene, 21/11/2012 - Medication in Care, June 2005 - NVQ 2 in Social Care

Fiona has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Diabetes Awareness **valid from January 2015**

Contact Details

Tel: 07969 972329

Email: fionahiggs@googlemail.com

Registration Number APP/SWC/PA/08.01.15



Support with
Confidence



Rebecca



Support with
Confidence

- I am a female PA
- I am a driver without use of a car
- I am available to work up to 10 hours a week and am available during school holidays.
- I have completed a lot of training related to care work including NVQ level 2 in Care, NVQ level 3 in Health and Social Care, NVQ level 4 The Registered Manager award and a Foundation Degree in Care Management.
- I have also undertaken training in dementia care, nutrition and health, control of infection and contamination, principle emergency aid, principles of safe moving and handling and safe handling of medicines.
- I am currently studying accountancy.

Rebecca has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Positive Psychology - BHCC

Contact Details

Tel: 07450 839200

Email: rsusanbean@gmail.com

Registration Number APP/SWC/PA/03.11.14



Support with
Confidence





- I am a female PA
- I am available to work up to 15 hours a week, over 3 days, 9.30am - 2.30pm
- I have a Health and Social Care NVQ2/NVQ3
- I have been trained in British Sign Language – Level 2

Aya has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Intensive Interaction Course - BHCC

Contact Details

Tel: 07889 915641

Email: a_kakuri@hotmail.com

Registration Number APP/SWC/PA/27.10.14



Cheryl



Support with
Confidence

- I am a female PA
- I am available to work 9.30am – 2.30pm, Monday to Friday, and up to 20 hours a week (term time only).
- I have completed a 3 day induction programme covering the National Minimum Training Standards for Healthcare Support Workers and Adult Social Care Workers in England.

Cheryl has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Dementia Awareness

Contact Details

Tel: 07802 775580

Email: Cheryl.sequoia7@gmail.com

Registration Number APP/SWC/PA/01.09.14



Support with
Confidence



Amleto



Support with
Confidence

- I am a male PA
- I am available to work Monday – Friday, and also weekends, school holidays and short notice cover.
- I have a lot of experience in care work
- In addition to the training listed below I have experience using Makaton
- I have had experience providing person centred support

Amleto has undergone an Enhanced DBS check and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Mental Capacity Act **valid from 15/07/14 (recommended update 3 years)**

Contact Details

Tel: 07748 831968

Email: amletot@yahoo.com

Registration Number APP/SWC/PA/24.07.14



Support with
Confidence



Lara



Support with
Confidence

- I am a female PA.
- I do not drive.
- I am available Monday - Friday 9.30 - 2.30 (Possible extra hours if required).
- I have experience of working as a PA supporting a family in their home.
- Hourly rate £8-10.
- I have experience of working with elderly as a home help.
- I have been a Registered Childminder since 2005.
- I am reliable, trustworthy, patient, understanding and organised.
- I can offer support with personal care, cooking, cleaning, shopping, social activities etc.
- I am interested in fashion and design, alternative therapies and going for walks.

Lara has undergone an Enhanced CRB check (valid from 26/06/13 for 3 years) and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Safer People Handling (BHCC) **valid from 10/06/13 (recommended annual update)**

Contact Details

Tel 07743 344190

email LaraLewis1971@googlemail.com

Registration Number APP/SWC/PA/04.07.13



Support with
Confidence





- I am a male PA and became an approved PA in June 2011
- I am a driver with use of my own car
- I am flexible and prepared to stay overnight
- I am available during school holidays and am available for short notice cover
- I have had pervious PA experience including personal care, shopping, cleaning and odd jobs. I am gay friendly, with computer, gardening, animal care and cleaning knowledge
- My interests are drawing and reading
- Hourly Rate: £8 - £10

Simon has undergone an Enhanced CRB check (valid from 04/05/11 for 3 years) and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Manual Handling **valid from May 2011 (recommended update 1-3 years)**

Contact Details

email | simongalleryone@gmail.com

Registration Number APP/SWC/PA/17.06.11





- I am a female PA and became an approved PA in July 2011
- I do not drive
- I am flexible, available during school holidays as well as short notice cover
- Hourly Rate: £10 - £12
- Other training: 2009 Food & Nutrition - Brighton & Hove Food Partnership, 2009 Level 2 Award in food safety in catering - Highfield Award Body of Compliance, 2000 BTEC National Certificate Business and Finance - Brighton College of Technology

Maxine has undergone an Enhanced CRB check (valid from 31/05/11 for 3 years) and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 Mental Capacity Act **valid from 17/11/16 (recommended update 3 years)**

Contact Details

Tel 07786 715013

email Maxine.bradshaw@yahoo.co.uk

Registration Number APP/SWC/PA/18.07.11





- I am a female PA and became an approved PA in June 2011
- I am a driver with use of a car
- I am available 16 hrs per week between 10am to 6pm, during school holidays and am available for short notice cover
- My interests are reading, cooking and socialising with people. I have excellent communication skills, I speak English, Polish and Slovakian, I also have outstanding cooking skills
- I have experience in delivering low intensity psychological intervention. Motivational interviewing, and solution focused therapy
- I have BA Hons in Working with Children and Young people from University of Sussex and currently studying PG Cert in Mental Health Practice
- I am currently working for Recovery College delivering courses around Mental Health and raising awareness and reducing the stigma associated with Mental Health challenges.
- I am a friendly, enthusiastic, sociable person with ample experience in working with children and young people and adults. I am a self-motivated team player who enjoys using my own initiative as and when required. I am adaptable, well-disciplined and eager to take on new challenges and to learn new skills, I am reliable and trustworthy, and aim to perform my tasks to a high level of professionalism

Roza has undergone an Enhanced CRB check(valid from 31/05/11 for 3 years) and has completed the following courses:

- 1 The Role of the PA
- 2 Understanding the role of the health and social care worker
- 3 Understanding and maintaining personal development
- 4 Communicating effectively
- 5 Understanding equality and diversity
- 6 Recognising principles for implementing duty of care
- 7 Knowing and understanding the principles of safeguarding in health and social care.
- 8 Understanding person centred support
- 9 Maintaining health and safety in an adult social care setting
- 10 BHCC Mental Health Awareness

Contact Details

Tel 07510 072828

email Lidka.laura@gmail.com

Registration Number APP/SWC/PA/17.06.11

