

## ..... one page profile



### What people like and admire about me...

Strength, straight talking, loyalty to the people I love, honesty, courage, independent, always smiling, sense of humour, my openness, my love of life, caring and sympathetic.

### History

I'm 37, have ulcerative colitis and now cervical cancer. I live in Ashton with my partner Gaz. I have no children, but we do have a chocolate labrador puppy called Riley.

### Hopes and dreams for the next few months

I am looking forward to a time with no hospital appointments, being able to get away for weekends with Gaz & Riley. Building up my social stamina back to how it was pre-diagnosis. Going to a hot sunny place for a relaxing holiday with Gaz.

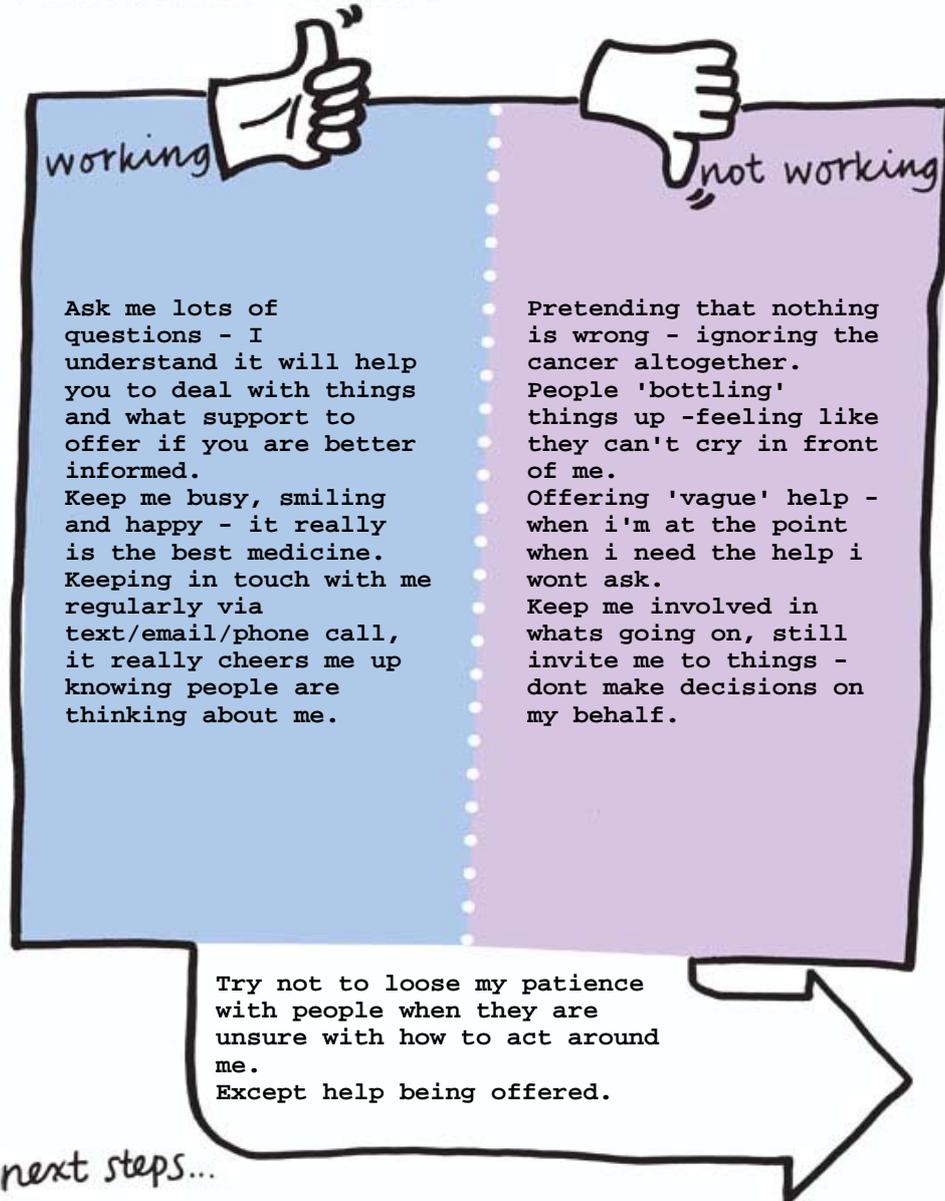
### What's important to me...

Food is a big part of my life, eating out and cooking for my family and friends is very relaxing and enjoyable for me. New York is my happy place, up to now I have been twice. I love wearing converse, my favourite ones are purple. I love my mini, its black and called Pete. My guilty pleasure is musical theatre. Spending time with Gaz and Riley is my favourite thing to do, especially when we go out for long walks. I never want to be too far away from my loved ones, because its their love, support, patience and understanding that get me through the hard times. I like to have people around me who make me laugh and are chatty and easy to be around.

### How best to support me...

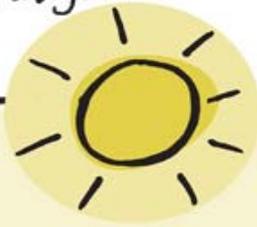
If I cry, its just because i'm worried, scared or in pain, dont just tell me to calm down, take a minute to find out the cause of the tears, i'll be smiling before you know it.  
Please try not to leave me too long before my treatment starts, If there is a delay come and explain and reassure me.  
Please dont be dismissive of my pain threshold, sometimes I can be quite brave, but at times I may opt for the stronger pain relief option, please trust my judgement on that.  
If there's time, try and chat to me about the things that make me happy, it will calm my anxiousness down.  
Please understand thats its very important for me to be fully informed of all aspects of my treatment whilst I am in your care.  
Thank You.

WORKING/NOT WORKING



## GOOD DAYS AND BAD DAYS

*good days*



Feeling that I had helped Jane by taking her to the hospital or just being there when she needed it.  
Getting ahead with all of my jobs, leaving me feeling organised so I could help Jane during the day.  
Knowing that my daughters were happy to let themselves in at home and keep occupied until I got home from the hospital.  
Being able to catch up with Drew before I leave to go to work in the evening.

*bad days*



Jane not accepting the help that is being offered.  
When i feel disorganised when I have too many jobs to do in one day.  
Not getting chance to sit down and chat with Drew in the evening.  
Worrying that I'm not spending enough time with my daughters.  
With working nights and having to do so much in the day, I'm worried that my work will be affected.  
Will I be able to give Jane the support she needs.

Speak to my work colleagues so that they are understanding of my personal situation.  
Let Drew and the girls help with some of the household jobs.

*next steps...*

RELATIONSHIP MAP

