

# Abigail Khamou

BSc (Hons) Nursing, RMN

e-mail: [ak@benholden.net](mailto:ak@benholden.net)



**Position** - Case Manager  
and Registered Mental Health Nurse

Based in Walton-on-the-Naze, Essex

## Professional Memberships

- Member of the British Association of Brain Injury Case Managers (BABICM) 2193306
- Member of the Nursing and Midwifery Council (HCPC) Pin No. 13A0382E
- The Royal College of Nursing
- Member of the British Association of Counselling and Psychotherapy (BACP)



## Skills & Experience Summary

Since qualifying as a Registered Mental Health Nurse in 2013 Abigail has continued her learning by completing the MC Crudden 'Lead by Example' training course which has enabled her to develop new and enhanced leadership skills. She has also completed an Integrative Counselling Diploma at level 4 with a focus on psychodynamic, person centred and Cognitive Behavioural Therapy. This continued learning has provided Abigail with strong and consolidated management and leadership skills.

Prior to commencing her role as a case manager in 2024 Abigail worked in the NHS and private health care settings for 10 years, gaining experience in both acute and psychiatric intensive care units and supporting in the community. Her case load was varied and provided an opportunity to work alongside children and young adults with a variety of mental health difficulties at varying stages ranging from depressive disorder to psychosis.

Abigail has robust experience in managing a large caseload of children across six different services. This has involved supporting the EHCP process, managing external agencies, facilitating the young person to design their own care plan tailored to their needs, and ensuring the child was receiving the appropriate care as outlined in NICE guidelines. Abigail has worked as a Safeguarding Advisor and Practice Development Lead which has enabled her to develop her skills around working with safeguarding and how this intertwines with the healthcare environment. In addition, she has worked with the CQC as a specialist advisor inspecting various health care services, ranging from large NHS trusts to small independent rehabilitation units.

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Abigail also has a specialist understanding of safeguarding adults and children as well as domestic abuse. She supported in the set-up of the Domestic Abuse Prevention Ambassadors (DAPA) in West London NHS Trust.

Abigail has extensive experience of establishing and coordinating highly complex packages of care. This has also included overseeing the success of treatment programmes through regular contact with therapists and the organisation of multidisciplinary team meetings. Abigail has also worked alongside statutory services and established working relationships with primary healthcare, community mental health services and various charities. This experience places her in a highly experienced position with transferrable skills as a case manager working with clients and their families both pre and post settlement of personal injury and medical negligence awards.

Abigail also has extensive knowledge of the Mental Health Act, Mental Capacity Act and Deprivation of Liberty (DoLs) or the soon to be Liberty Protection safeguards (LPS).

## Continuous Professional Development (CPD)

To maintain high standards of service by our team members, Ben Holden Ltd provides regular in-house training and attendance of annual statutory and mandatory refreshers. As part of CPD, members regularly attend external events/courses and maintain a personal CPD Folder. All staff are subject to regular supervision and mentoring sessions.

## Disclosure & Barring Service (DBS) – Enhanced Certificate

To remain up to date and enable regular annual rechecks our team members are all registered with the online Update Service.

## Employment History

### October 2024 – Present

Ben Holden Ltd  
Case Manager

### March 2024 – Ongoing

Talking Life, Hoylake, Wirral  
Safeguarding Supervisor and Trainer

### July 2021 – March 2024

Norfolk & Suffolk NHS Foundation Trust  
Senior Nurse for Children, Young People's and Family Services

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## **October 2019 – July 2021**

West London NHS Trust, Ealing

Safeguarding Advisor and Practice Development Lead

## **January 2017 – October 2018**

West London NHS Trust, Ealing

Clinical Nurse Specialist

## **December 2016 – January 2017**

West London NHS Trust, Ealing

Community Mental Health CAMHS Nurse

## **July 2015 – December 2016**

Huntercombe Hospital, Maidenhead

Team Leader

## **November 2014 – July 2015**

Priory Mental Health Adolescent Hospital, Southgate, London

Staff Nurse

## **August 2014 – December 2016**

CQC, Nationwide

Specialist Professional Adviser

## **September 2013 – November 2014**

Mental Health Rehabilitation HPFT, Hertfordshire

Staff Nurse

## **Personal Summary**

Abigail enjoys spending time in the sea, especially paddle boarding. Abigail is a committed member of her local choir and enjoys serving her local community. Rural walking is always top of the agenda, exploring new places and capturing this on camera.

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