

# Helen Jamieson

BA (Hons) Applied Social Science  
Registered Nurse Learning Disability (RNLD)

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



**Position** – Associate Case Manager  
Based near Norwich, Norfolk

## Professional Registration & Memberships

- Nursing and Midwifery Council - **Registration Number 96D0995E**
- Advanced Member of the British Association of Brain Injury Case Managers (BABICM) – **Membership No. 0974**
- Member of CMSUK



## Skills & Experience Summary

Helen is an experienced RNLD nurse with over 8 years' experience as a case manager. Helen's experience in case management has focused upon working with both children/young people and adults with an acquired or traumatic brain injury, epilepsy and complex health needs. Helen has provided case management supervision and direct line management to large 24-hour teams of support workers and personal assistants.

After graduating from Homerton College of Health Studies in Cambridge in 1999, Helen worked in a range of NHS hospital and community nursing settings supporting people with learning disabilities to access health services. She was also involved in teaching and training support staff in vital health-related training to support workers, such as epilepsy awareness and safe administration of buccal midazolam, so that they could provide safe and consistent care.

From 2007 to 2014 Helen worked as an operational manager for Thera East Anglia, a charity that supports people with a learning disability to live in their own homes with support. It was here that Helen line managed team leaders and support teams to ensure that they provided high quality, safe and consistent support to the people that they support.

Helen's case management career continued to build upon supporting and managing large 24-hour support teams and providing epilepsy awareness and safe administration of buccal midazolam training and supporting this process with bespoke support plans and

# Helen Jamieson

BA (Hons) Applied Social Science  
Registered Nurse Learning Disability (RNLD)



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

---

risk assessments. Helen works very closely with the Registered Manager to ensure that all support provided is compliant with CQC KLOEs and domiciliary care guidelines.

Helen has also supported people to access rehabilitation and community-based therapy and supporting her clients to investigate and achieve realistic goals. She has also completed large housing adaptation projects working alongside occupational therapists, architects, builders and tradesmen and project managers to achieve accessible and person-centred results.

Helen has also completed several expert care reports.

Helen achieved her advanced BABICM membership in 2021.

## 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.

## Employment History

**Ben Holden Ltd**  
**March 2023 - Present**  
Associate Case Manager

**Home Group Ltd**  
**July 2022 - April 2023**  
Clinical Registered Manager

**Anglia Case Management Ltd**  
**January 2015 - July 2022**  
Senior Case Manager – Brain Injury

**Thera East Anglia**  
**July 2007 - December 2014**  
Operational Manager

# Helen Jamieson

BA (Hons) Applied Social Science  
Registered Nurse Learning Disability (RNLD)



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

---

**St Luke's Hospital Group, Attleborough**  
**December 2006 - July 2007**  
Service Manager

**Bracknell Community Learning Disability Team, Bracknell**  
**April 2002 - December 2006**  
Senior Community Learning Disability Nurse Band 6

**East Berkshire NHS Trust**  
**April 1999 - April 2002**  
Staff Nurse - RNLD

## Personal Summary

Outside of work Helen enjoys getting out in the countryside with her family and dogs in the campervan. This might be for day trips or camping holidays or at various campervan shows and festivals.

Helen also enjoys various crafts and likes to attend exercise classes. She enjoys cooking and baking.

[CLICK HERE: to Submit an Enquiry or Instruction](#)