

Sonia Collin

BSc (Hons) Psychology, GMBPsS

e-mail: sc@benholden.net



Position – Registered Manager

Based near Ipswich, Suffolk

Professional Memberships

- Graduate membership of the British Psychological Society



Skills & Experience Summary

Sonia has worked in the field of health and social care since 2006, in a range of settings including a secure unit for individuals detained under the Mental Health Act and as manager of a small, supported living service. Sonia's seven years with the Brain Injury Rehabilitation Trust in one of their local residential services is where her understanding and interest in the unique needs of those affected by acquired brain injury began.

Sonia has a strong belief in the positive impact high-quality, person-centred care can have on the lives of individuals affected by illness and disability and believes this care must be underpinned by high quality management and effective communication.

Sonia has worked in Case Management since 2015, and as Registered Manager to our service since 2022. Sonia believes that being able to evidence compliance with high standards set by the CQC, and the subsequent inspections and ratings by an external body allow members of the public and other stakeholders to be able to compare services as well as give confidence to clients, their families and their staff that they will be well supported, and we will always have robust systems to work in the best interests of the client.

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.

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Employment History

May 2022 – present

Ben Holden Ltd

Registered Manager (from September 2022)

Care Manager (May to August 2022)

January 2015 – May 2022

Anglia Case Management

Care Co-Ordinator / Registered Manager (2018)

January 2014 – September 2015

Cambs Independence, Ely

House Manager

March 2013 – May 2013

Reach Personal Injury Services

Personal Programme Assistant (temporary)

November 2007 – January 2014

The Brain Injury Rehabilitation Trust (Fen House), Ely

Acting Head of Care/Assistant Manager/Team Senior

November 2006 – November 2007

Beech House Hospital, Newmarket

Health Care Assistant

Personal Summary

Sonia enjoys all things health and fitness and participates in a range of exercise such as yoga, kickboxing and weight training. She has raised money for charity by participation in several running events, the most recent being the Vitality London – the short version though! She volunteers her time as chairperson of the local ex-serviceman's social club to ensure it keeps open for the local community. She also enjoys being outdoors with her dog, as well as having time to eat good food with good friends.

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