

Stella Kerins

RN, BSc (Hons) Nursing Studies, PGDip, MA

e-mail: sk@benholden.net



Position – Case Manager

Based near Colchester, Essex

Professional Registration & Memberships

- Member of the British Association of Brain Injury and Complex Case Managers (BABICM) – **Membership No. 1822790**
- Institute of Registered Case Managers (IRCM) – **Registration No. RCM1955**
- Nursing and Midwifery Council – **Pin No. 90J0218E**



[Click here](#) to watch a short video about me.

Skills & Experience Summary

Stella is a highly motivated case manager, registered nurse and leader. With a naturally inquisitive nature and a 'can do' attitude, coupled with an understanding of human behaviour and a passion for excellence, she makes things happen with her innovative approach. Stella has over 30 years' experience in health and social care in a variety of settings including acute medicine, palliative care, community, brain injury and case management.

Stella qualified as a UK-registered nurse in 1993. After gaining her nursing degree in 1995, she worked in a variety of different healthcare settings including acute inpatient general medicine, community hospital rehabilitation for stroke and care of the elderly, community specialist palliative care including pain management, and brain injury. Stella has also provided excellent governance and clinical leadership to several teams during her career, including working as a CQC registered manager, in senior management roles, setting up new services, supervising staff and managing large budgets.

Stella's extensive experience is invaluable to her role as a case manager to clients and their families living with life changing injuries and conditions. She undertakes immediate needs assessments and coordinates provision of high-quality care and rehabilitation services for people with catastrophic injuries. Stella uses her skills in goal setting and

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facilitating complex family situations to support people to find resolutions and maximise their quality of life.

Stella's previous role in a community setting for Headway, included defining needs, coordinating care, providing support and signposting for people living with traumatic and acquired brain injury. This encompassed providing holistic support for co-morbid conditions alongside other trauma sustained, such as orthopaedic and spinal cord injuries. As part of this role, she was required to arrange personal care packages in the community, liaise with GPs and medical consultants, organise appropriate equipment and therapy, and oversee housing needs and referrals to social services.

Coupled with her diverse clinical experience, Stella has excellent communication skills; she is approachable and sensitive to psychological, emotional and physical needs. Stella has been a trustee for the charity Essex Carers Support for ten years and is passionate about supporting carers' wellbeing.

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

June 2026 – Present

Ben Holden Ltd

Case Manager

May 2023 – June 2026

Keystone Case Management

Case Manager

March 2020 – May 2023

Headway Essex

Head of Brain Injury Services

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April 2017 – March 2020

St Luke's Hospice, Basildon

Director of Business Support

May 2016 – April 2017

Provide Community Interest Company

Project Manager/Integrated Pathway Lead

December 2014 – March 2016

St Helena Hospice, Colchester

Deputy Chief Executive

December 2013 – December 2014

St Helena Hospice, Colchester

Director of Business Transformation

Earlier Career

2005 – 2013

Inpatient Services Director

2001 – 2005

Deputy Director In-patient Unit

1998 – 2001

Lead Nurse - Resources

1995 – 1998

Nurse Practitioner

1993 – 1998

Registered Nurse

1990 – 1993

Student Nurse

1986 – 1990

Banking and Finance

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Personal Summary

Stella loves creative cooking, reading and going to the cinema. She practises Pilates on a regular basis, enjoys challenging walks and loves to travel, but her favourite pastime is spending time with family and those close to her.

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