

Helen Bird

BSc (Hons) Occupational Therapy

e-mail: hb@benholden.net



Position

Associate Children and Young People's Case Manager

Based in Bedfordshire

Professional Registration & Memberships

- Member of the British Association of Brain Injury Case Managers (BABICM) – **Membership No. 3942142**
- Royal College of Occupational Therapy (RCOT) – **Membership No. BT0208877**
- Health and Care Professions Council (HCPC) – **Registration No. OT24554**
- National Counselling and Psychotherapy Society (NCPS) – **Ofqual Qualification No 603/7495/0**



Skills & Experience Summary

Helen is an experienced occupational therapist with over eight years' experience of working with adults and children in rehabilitation case management. Her cases have included birth trauma, acquired brain injury, upper and lower limb amputees, polytrauma and other complex disabilities.

After graduating from Salford University in 1995, Helen worked in surgery, orthopaedics and amputee rehabilitation. She moved into wheelchair services and special seating which included working with children. Helen then specialised in paediatric occupational therapy, working for seven years in early years education, community health and children's social services respectively. She moved into case management in 2007 carrying a mixed caseload including clients with upper/lower limb amputations and acquired brain injuries. Helen also spent more time working as an occupational therapist before moving back to case management, predominantly as a children's case manager.

Helen has experience of working in various educational settings, contributing to the EHCP process and working with transitions from primary to secondary school to further education. In social services, Helen has assessed for and provided minor and major housing adaptations for children and adults, with appropriate equipment provision, including wheelchairs and vehicles. She is experienced with amputee rehabilitation, prosthetics and orthotics. Helen has

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worked closely with her clients' families to support their loved ones' journey and been involved in the recruitment and supervision of large 24-hour care teams. She has a trauma-informed approach and a counselling qualification to assist with understanding psychological and cognitive changes following trauma.

Helen has good organisational skills, time management and report writing experience, having completed a Bond Solon report writing and courtroom skills course. She has continued her professional development with ongoing occupational therapy experience in recent years.

Helen believes that clients deserve timely and appropriate rehabilitation which reflects their needs as an individual. She aims to understand her clients' unique circumstances and will work towards helping them realise their full potential, whatever their capacity may be. Helen treats her clients and their families with the dignity, care and respect that they deserve.

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

September 2026 – Present

Ben Holden Ltd

Associate Children and Young People's Case Manager

2016 – 2026

Access Independent

Occupational Therapist and Expert Assessor

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2017 – 2019

Anglia Case Management Ltd

Associate Children and Young People's Case Manager

2013 – 2017

Essex Adult Social Services and North Herts CDC (Paediatrics)

Occupational Therapist

2007 – 2013

Bush and Co Rehabilitation Ltd

Associate Case Manager

2000 – 2007

Conwy & Denbighshire NHS Trust (Paediatrics)

Occupational therapist in early years education, community paediatrics and children's social services

1995 – 2000

Forest Healthcare Trust, East London

Occupational Therapist in surgery, orthopaedics, amputee rehabilitation and wheelchair services

Personal Summary

Outside of work, Helen enjoys living rurally, walking through the local forests and around the countryside with friends and their dogs. For mindfulness she practices yoga, tai chi and Pilates. For strengthening she pushes weights at the gym with her teenage sons. She enjoys nights out with friends, usually listening to bands and comparing them to her own covers band. She also likes relaxing and unwinding with her partner after the busy working week.

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