

# Lindsay's career journey

**Lindsay is a Registered Mental Health Nurse and works as the Commissioning Home Director of our Ribble View home in Preston. Lindsay loves working in social care because she wants to be part of people's every day routine, get to know them and make a difference.**

Lindsay achieved a degree in forensic psychology and after working in a forensic setting for a few years, returned to university to train as a Nurse.

## **Nursing in social care**

From her first working day, Lindsay always wanted to work in social care.

She shares: "I want to be a part of people's everyday routine and I prefer to support people longer term. I love seeing the gradual process and how we support people to achieve their potential.

"Having time to get to know people, and build relationships, trust and rapport is powerful when working with people with complex needs, and you can do this in social care."

When Lindsay qualified, she worked as a Registered Mental Health Nurse with a complex care provider for almost ten years.

## **Career progression**

In this role, she did lots of training to keep her skills up-to-date and progressed into a range of management positions, including Hospital Director, opening a new service for females with complex mental health needs and achieving a 'Good' CQC rating in its first CQC inspection.

## **Joining Exemplar Health Care**

Lindsay then decided to 'spread her wings' and joined Exemplar Health Care as a Commissioning Home Director.

In this role she's responsible for the day-to-day running of Ribble View care home, leading the team to achieve their goals, and ensuring high quality care provision.

"I chose Exemplar Health Care because from the offset I've been impressed with the company in every way.

"I researched the company and clearly saw a company providing high quality, person-focussed care.

"A company with values that are different, relevant and refreshing! A company that invests in staff and offer progressive career pathways from the start of employment."



**“ I would say to every Nurse, be determined. If you want to achieve you can. Be open to taking on new challenges. Step out of your comfort zone and spread your wings to experience different areas. A career in nursing is truly a vocation. If you have passion, drive and motivation, think of the difference you could make.**