



Deborah Horrocks  
Case Manager/Specialist Occupational Therapist  
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Based: Carnforth/Morecambe

### **Professional Qualifications**

BSc (Hons) Occupational Therapy - Lancaster 2019  
NVQ Level 4 in Leadership and Management for Care Services – Lancaster 2010  
Foundation Degree in Health and Social Care – Lancaster 2010

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### **Memberships**

Health Professions Council Registration: OT79676  
British Association of Brain Injury Case Managers (BABICM): 7239

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### **Professional Experience**

I recently joined A Chance for Life Ltd as a Case Manager/Occupational Therapist (OT) to enable me to draw on my clinical experience and support clients to receive high quality rehabilitation and support tailored to their needs, goals and aspirations. I have an interest in a range of complex conditions including brain injury, profound and multiple learning disabilities, orthopaedic and multiple trauma. I work closely with the multi-disciplinary team, communicating effectively to ensure information is disseminated appropriately, whilst maintaining timely clinical records, care plans and reports, liaising closely with relatives and carers to ensure the highlighted needs are holistic and client-centered to achieve the optimum outcome.

### **Previous Employment**

#### **Feb 2020 – Aug 2021 Mental Health Practitioner – North West**

I independently managed a caseload of clients across North Lancashire, East Lancashire, and Cumbria with differing mental and physical health needs and barriers, helping to empower individuals to reach their potential. I conducted holistic assessments with participants to ascertain their work-related needs and planned intervention with clients on a 1:1 basis with a wide range of mental health conditions. I developed a support plan of interventions, focusing on helping participants to manage and/or resolve their mental health challenges while also managing their employment. I supported participants to learn more about managing their mental health, supported them to access appropriate treatment and connected them with other people and support organisations. I delivered non-clinical psycho-educational interventions including; resilience building, understanding and managing anxiety, learning strategies to manage stress and depression using evidence-based practice. I provided ongoing face to face and telephone support helping the participant to manage their health more independently and effectively. I educated participant's employers, as appropriate, to enable them to provide support to the individual in their workplace. I liaised with other health professionals as and when required as an advocate for the participant. I established strong interpersonal and professional relationships with MDT staff. I carried out risk assessments and responded to Crisis Management situations. I implemented Silvercloud (online CBT) and Be Mindful (online Mindfulness) with clients, holding regular online and telephone reviews. I also supervised and supported Health Educators and trained new members of health staff.

#### **Jul 2019 – Jan 2020 Mental Health Practitioner with Pertemps Medical for DWP**

I worked on a new concept for the DWP as an Occupational Health Professional, supporting claimants with various health conditions (physical and mental), carrying out assessments and recommending

goals, along with upskilling the work coaches through three-way conversations. The three-way conversations with claimants identified their limitations and enabled me to focus on supporting them in ways to move closer to, or into work. This was in small steps or larger steps depending on the individual, primarily focusing on their health and wellbeing and signposting them to the correct services for them to move forward. During the three-way conversation, my interview techniques and knowledge were used to up-skill the work coaches.

#### **2016 – 2019 Clinical Support Worker, NHS, Royal Lancaster Infirmary**

I supported patients with day-to-day personal care in various departments including Accident and Emergency, wards and operating theatres. This was a casual role whilst studying at university.

#### **2015 – 2018 Casual Support/Learning Support Worker, Beaumont College, Lancaster**

This was a casual role whilst studying at university. I supported students with personal care and to access college lectures as well as access the community and promoting independence skills.

#### **1993 – 2015 Support Worker / Area Coordinator / Deputy Manager, Beaumont College, Lancaster**

I started as a support worker and learning support worker, then from 2002 until 2015 I was area coordinator. Within that time, I carried out a three-year secondment as the deputy manager running the residential college alongside a manager. I also delivered training to staff in moving and handling, ethos and values, equality and fairness and student specific training including pump, suction, peg and minimising risks. I worked within the day college and residential college and some of the management responsibilities undertaken were back to work interviews, interviewing new staff and performance reviews, dealing with the day-to-day running of the college, and dealing with conflicts from staff, students and/or parents. I was involved with several working groups including health and safety, equality and diversity, fundraising and nail care. The nail care group was set up by myself and I created policies, procedures and training on the subject for other college staff.

#### **Recent CPD/Training**

- D 32/33 NVQ assessors award
- Learning support certificate
- Preparing to Teach in the Lifelong Learning Sector (PTLLS)
- ICT and RSA stage 1 and stage 2 computer qualifications.
- Silvercloud Training
- Be Mindful Training
- Ingeus training modules
- Moving and Handling People Safely Greencross Training.
- NCFE Level 2 in Equality and Diversity
- NCFE Level 2 in Safe Handling of Medicines
- Dyslexia Awareness Training and Support Strategies
- Every Child Matters in the Workplace
- NVQ Level 3 in promoting independence
- Skills to Foster
- Skills for Life Awareness
- Foundation on Perspectives on Cerebral Palsy
- Competences in training and development - City and Guilds.
- Person Centred Planning Awareness - Lancaster district learning disability training partnership.
- Learning Support - City and Guilds.