

# Claire Ridgell

## Occupational Therapist

- **Qualified in 2010**
- **HCPC registration lapsed in 2017**
- **30 days of updating**
- **Just back on the HCPC register, working as a Band 5 social care OT**

**“ I’m not just a “Mum” there is another side to me. I enjoy working as an OT in social care and using that part of my knowledge again. ”**

My registration lapsed in 2017 but in 2021 when my daughter was a bit older, I decided it was time to start working as an OT again.

I always wanted to work in a social care setting and initially contacted the County Council; they were very supportive and were still developing their process to support return to practice.

In November 2021 I was able to gain employment in my local NHS Trust at Band 4 in a bank position, three days per week. This enabled me to build up my experience again.

Having completed my 30 days updating experience, I successfully applied for an OT role. It is great to be back working in social care with such a knowledgeable and supportive OT team. Their support has been essential.

## Where do I start?

The programme is here to support you. It is natural to feel apprehensive after time away from your profession.

To start you on your way:

1. **Scan this QR code** to visit our webpage:  
[www.hee.nhs.uk/AHPreturn](http://www.hee.nhs.uk/AHPreturn)
2. **Complete the Expression of Interest form** on the website
3. **Complete the survey** that will be emailed to you
4. **Receive a welcome email** from the programme with lots of information on how to get started

## Want to chat?

Email us at: [R2PAHP-HCS@hee.nhs.uk](mailto:R2PAHP-HCS@hee.nhs.uk)

**#iamreadytoreturn**

