



Julie May
Clinical Nurse Lead

Meet Julie, your Clinical Nurse Lead

About me

“As a nurse that has experienced many different care settings, from the acute hospital to hospices and nursing homes, I am passionate that care remains a choice. A choice that is made by the person as an individual wherever possible, and one that involves that person in the planning of their care.

Helping Hands is a responsive service that addresses people’s wishes and choices to ensure that it consistently delivers a positive experience and the best customer outcome. It provides people with that choice and support, enabling them to remain well for as long as possible within their own home, reduces social isolation, and improves the quality of their lives.

I also know that people who are in need of care value and trust nurses. This confidence in nursing should be founded on enduring values and behaviours which demonstrate our excellence in nursing.”

Career Pathway and Professional Development

Member of Nursing & Midwifery Council, Royal College of Nursing

Julie brings her professional expertise to the Clinical Nursing Team. She looks forward to engaging with Helping Hands’ person-centred ethos and supporting Carers to put their customers’ clinical needs at the heart of their work. For Julie, making a positive impact on how customers and their families cope with care needs is paramount.



Julie's clinical experience is complemented by her additional teaching qualification gained at Coventry University. At Helping Hands, she utilises her clinical acumen and leadership qualities to educate Carers and provide customers with a responsive, proactive and informative care service.

After qualifying as a nurse in 2009, Julie initially worked at Warwick Hospital on the coronary care unit and cardiology ward. Since then, she has worked predominantly in Palliative Care, beginning in a local hospice before moving into community nursing in 2011. Julie provided nursing care for people in their own homes, acting as the palliative link between GPs and Macmillan Nurses for the geographical area. Here, Julie built upon her holistic approach to needs assessment. She is committed to meeting the physical, psychological and spiritual needs of the individual.

In 2014, Julie began working as the clinical lead/ deputy manager in a nursing home, where she was responsible for clinical governance, auditing, and quality assurance. She assessed residents aged 43 – 104 prior to admission to ensure the facility was able to safely meet their needs. Additionally, Julie supervised approximately 33 clinical staff covering fields including End of Life Care, Dementia Care, chronic conditions such as COPD, heart failure, and renal failure; and support for family members.

Julie's key achievements during this time included piloting the 'Food First Nutrition' programme at Warwick Hospital, making the nursing home available to Enrich for research, and introducing the home to the Gold Standards Framework for Palliative Care.

In 2015, she completed further training with the NHS Leadership Academy, a programme that develops care leaders' ability to influence positive change and improve experiences and outcomes for patients. This specialised understanding, combined with her City & Guilds 7300 Trainer's Certificate, enables Julie to recognise how individuals learn effectively, leaving her well-placed to guide Helping Hands Carers.

Now, as a Clinical Nurse Lead at Helping Hands, Julie takes overall accountability for the team of Clinical Nurse Managers and provides customers and Carers with the tools, information, and expert advice they need to be confident in our clinical care service. She promotes self-management, anticipates change and development, and provides ongoing support.

Julie is passionate that people have a choice about their care, and ensuring that customers requiring clinical intervention don't have to stay in hospital for longer than they need.

