Professor Helen Young

After training as a nurse at Westminster Hospital in London, Helen held Sisters posts in Surgery and Critical Care and Medicine before setting up a Nurse Led Development Unit with Leeds University. She is passionate about developing nursing practice, education and leadership and completed a Masters degree in Education.

She has held posts as Head of Practice Development and Education in Guys and St Thomas and then Chelsea and Westminster as well as Chief Nurse positions in a number of large acute Trusts, including East Kent, Conwy & Denbighshire, Croydon University Hospitals Trust, and Deputy Chief Nurse at Chelsea & Westminster, Oxford University Hospitals Trust and Kings College Hospital FT. Helen also held a national role as Clinical Director and Chief Nurse for NHS Direct for six years.

Following her role as Chief Nurse and Chief Operating Officer at Birmingham Women’s NHS Foundation Trust, she moved in to a joint Trust role for Birmingham Women’s and Birmingham Children’s FT’s, as Executive Director of Maternity & New-born Transformation.

Currently Helen is Executive Director of Patient Care and Clinical Transformation/Chief Nurse at South Central Ambulance FT and during the Covid 19 Pandemic, has held the national post of SRO for NHS111 Covid Response Services and Vaccination Booking Line.   
Helen is a visiting Professor at Birmingham City University, a Florence Nightingale Leadership Scholar and Harvard University Graduate.

She is a Trustee and Chief Nurse for two national charities ACROSS, and HCPT helping physically and mentally disabled children and adults travel to Lourdes for respite breaks. Helen is President of her local Soroptimist International Club, an organisation that works to empower, educate and enable women and girls in the UK and worldwide.

Helen comes from a farming background and has a passion for training working and rescue dogs and horse riding, so when not working, is to be found in her Wiltshire home with her family and animals.