Sarah Freeman is an Associate Director of Nursing for Unplanned Care at Bradford Teaching Hospitals NHS Foundation Trust in West Yorkshire.  As part of her portfolio of acute services,  Sarah has led the nursing teams across the Adult Covid inpatient wards and Emergency Department throughout the pandemic. She is passionate about finding ways to support staff working in the NHS in these challenging times and working to maintain and build resilience as we continue to deal with the pandemic whilst trying to move into service recovery.