

## **JULIA JUDD – CLINICAL MATRON FOR HEALTH AND WELL BEING**

Julia Judd - (Clinical Matron for health and well being)

*"My name is Julia Judd and I'm a clinical matron for health and well being which is a long winded title which basically means I work in primary care but I have a project which works across secondary care in to mental health. Looking at the physical health needs of patients with long and enduring mental illness. I think nursing gives you the opportunity to go wherever you want really and when I first qualified I worked in elderly health which was a useful grounding to sort of solidify those skills that you learn as a student. And then having watched episodes of Casualty I decided that's where I was gonna go. So I worked there and that was fantastic, really good experience - you have to make decisions on the spot but great to work in a great big team like that. And the camaraderie was fantastic there. I was then given a promotion within the department and went to work in surgery - acute surgery and your feet didn't touch the ground from the minute you walked in the door to the minute you went home. And then obviously your social life takes over and I met my husband, married and started a family. It made it difficult to work full time so I went for a job in the community nursing and was fortunate enough to get in to a general practice and I was very much part time and as my children have grown I've increased my hours and gone up to full time hours again now. The work in the GP practice is a lot around educating patients that's what then made my decision to think about actually taking on more of a role of teaching nurses. So that brings you up to date with where I am now. I moved back in to the acute sector or in to the community hospital sector. I love the teaching because its really inspiring to think that the next generation of nurses that are coming through are getting the experience that they need by somebody who has already been nursing for twenty five years nearly now. I like to think that I do my job to the best of my ability and I like to be able to show that and demonstrate that."*