

Gill Senior

Dietetic Manager and
Associate Director



My route into mental health dietetics

I started working in Mental health and learning disabilities when I came back from maternity leave in 2000. I was attracted by being part of a team and the relationship I could build with patients. I found out as I started the work that I loved working with children and young people and my clinical practice is still in that area. I went into a leadership role as we set up the trust dietetic service in 2011 and have developed my skills from there

A closer look at my current role

I am Dietetic professional manager for The Dietetic service in CNTW which is a large Mental health and learning disability trust covering the North of England. I am also Associate Director for Allied Health professionals in our specialist Children's Business unit

My typical day involves...

I work 4 days per week into my management role which involves overseeing the whole dietetic service and doing strategic work in the trust around physical health and nutrition. I have 1 day per week in my Associate Director role which involves giving an AHP view point of issues within the Business unit

The thing I'm most proud of

I will always be proud of what Dietetics has achieved in CNTW. We have grown from 11 staff to over 40 and have input into all the teams across the trust. We have developed several intensive specialist roles over the years. We put support for our staff at the top of our priorities. We have also been instrumental in developing courses for pre registration at our local universities and I was involved from the start of setting up dietetic apprenticeships.

A key piece of advice for anyone considering a role like this one

Just do it. Working in mental health is very rewarding. You get to see the full patient journey and do lots of activities around patient care to help engage patients. You will develop amazing communication skills and have time to form meaningful therapeutic relationships with your patients. Developing dietetics in CNTW has been a journey but such a rewarding one.

How the future might look

If I am being honest, I am starting to plan my retirement. My goals at the moment are continuing with the development of the service and working to ensure we maintain our voice at a senior level within the trust.