



Francesca Bingley - Associate Case Manager

Francesca is based in the South and South West of England and gained her Registered Nurse Post Graduate Diploma in 2014, and her Masters in Nursing Studies in 2019. Prior to joining AJ Case Management, Francesca worked within the NHS as a Charge Nurse in a spinal treatment centre.

Francesca has a wide variety of experience as a Nurse from her time working within hospital and in the community. She has specialist experience of spinal cord injury from her time as a ward leader at the NHS treatment centre, and extensive knowledge of long term conditions from her work as a community nurse including traumatic and non-traumatic brain injury. Community nursing helped to develop her nursing expertise for people who were living with complex conditions, in which she has always sought to improve their quality of life. Her Masters in Nursing Studies involved complex care and long term conditions, which has helped enable her to create a “breaking down barriers” ethos to the ways in which health care and wellbeing is delivered.

She is driven to find innovative ways of working within the current healthcare structures of the UK for those living with complex needs, and has developed and teaches yogic breathing and meditation for people living with spinal cord injuries and paralysis. This has led her to present at the UK based annual Guttman Conference for Spinal Cord Injury in Belfast in 2019, and she will be carrying out workshops at the 2020 International SCI Nurse Conference in Madrid later this year. Her practice in nursing and yoga is to be inclusive, finding ways to bring people together to support each other no matter what the complexities of a situation.

Drawing on her time within the spinal treatment centre and the community setting, Francesca has in-depth experience of working with people and their families who have sustained life changing injuries and illnesses. She works alongside the patient and places them at the heart of their care.

AJCM is a specialist brain injury case management service, supporting adults and children to ensure that they achieve effective rehabilitation and quality support.

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- ✓ Royal College of Nursing
- ✓ Nursing and Midwifery Council
- ✓ Brain Injury
- ✓ Spinal Injury
- ✓ Children
- ✓ Young Adults
- ✓ Adults

Specialism

- ✓ Rehabilitation
- ✓ Complex Care

