

# Case Study

Real South West London

Real Jobs

Real You

South West  
London  
Integrated  
Care System

**NHS**  
South West London



**Name:**

**Andrew Nwosu**

**Job Role:**

**Chief Allied Health  
Professions Officer**

**Age:**

**53**

**Location:**

**New Zealand**

**How long have you been working for the NHS?**

25 years.

**Did you have any worries about finding a good job?**

Everyone at some point will experience "career speed wobbles." After my first stint in New Zealand, I assumed I'd waltz back into another leadership role but that didn't occur immediately. I thought, 'hold on a minute, I didn't start off my career as a manager. I started off as a clinician and there's no shortage of work for clinicians'. So, I put my clinical skills to use and went back to clinical practice for a few months in Reading with an amazing team and it was wonderful! For anyone who is looking for work, my advice is to focus on yourself and know what you are great at.

**Has working for the NHS changed you?**

Yes, it has. I know the NHS is going through a rough patch at the moment but when I was working in it, I was always supported. I also met some amazing managers and people who believed in me and said look what you can achieve. It made me believe in care that's accessible to all and it's made me believe in the power of inclusion.

**What are the positives of working in the NHS?**

The NHS can be great for learning because you see a lot of variety. You've also got a lot of really smart people working across the NHS and the idea is that you learn from them. For instance, I've learned from my colleagues, I've learnt from my EAs, I've learned from my secretaries and I've learnt from support staff. You get access to this beautiful wealth of knowledge from different people – and that learning is transferable.

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**Focus on the  
grateness of self**  
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**Would you encourage others to apply for work within the NHS?**

I would definitely encourage them but I'll be honest, do your homework about where you want to apply to. You need to find the best place for you that offers the support you want. The NHS is a great place and if you do your homework, you'll thrive.

## Do you have any key memories of the NHS?

One of the memories that stays with me is treating a three year old child who couldn't walk, could barely sit, couldn't do anything. We'd been working with him for months and one day I was talking to his mum. There was a set keys on the table and before our eyes, the boy suddenly stood up and grabbed the keys. That image has stayed with me for over two decades: The child standing up and getting the keys with everyone beginning to cry. The mum was crying, I was crying. It felt like we'd seen a miracle.

“  
Here I am happy  
Here I am SW London”

## Tell us about your career progression

I was a junior physio, then a senior physio, but I constantly moved because I get bored very quickly. This means I always seek out things that challenge me. I ended up becoming a clinical specialist. One day, my manager fell pregnant and she said, “you're going to be the co-ordinator then.” This role got me wondering about the people above me who make the decisions on how things are run. Because of this, I had some coaching and mentoring and did a couple of programmes.

I also did a commissioning programme and two degrees before landing my first regional job as a regional lead for London for long term neurological conditions. This put me into a new position where the focus was on policy and strategy. You get to see the people who make the decisions – and you can start to have discussions as to why. I then went on to a number of different roles. I was the clinical lead for neurology for East Anglia, for NHS England, and then I was the regional lead for London for allied health professions with NHS England.

I was actually the first regional lead for Allied Health Professions. I was in there for about four years, and then I came to New Zealand. I first started off as an executive director of operations for healthy ageing and rehabilitation. During COVID, I moved back to Croydon where I was the chief Allied Health Professional. An executive level role then came up in New Zealand and I thought – why not?

## Tell about your background

My background is in physiotherapy. I always felt that I'd work in health because I have a fascination for the human body. I remember being eight and one of the first presents my parents bought me was a microscope. I used to look at everything, so I knew my career had to be something around biology and science plus I was also pretty good with the science in school. During a career day, I met some physiotherapists and I was really drawn to the idea. I thought being able to sense how people were feeling, to know where there's pain and bring relief just by using your hands was absolutely amazing.

I never started out wanting to go into management it was a sort of evolution. Clinical practice has always been dear to me, because you learn so much and a lot of what you learn is remarkably transferable

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If we want people to thrive, you've got to support them.”

## Have you worked with diversity in the NHS?

I was part of the diversity network and I mentored. People – especially if you're a minority – progress when they see others who are like them. My career has been interesting but it's not just down to me, I had allies. I had lots of people from diverse nationalities that actually believed in me and said they'd give me a chance because I could do it. So, if we want people to thrive, we've got to support them.

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