



HELEN BROOKS

Clinical Manager / Case Manager

Registered with Social Work England (SWE)

Professional Qualifications

- BA (Hons) Social Work, Liverpool Community College endorsed by Liverpool John Moores University, 2009

Professional Memberships & Developments

- Registered with Social Work England (SWE)
- British Association of Brain Injury and Complex Case Management (BABICM)
- Case Management Society UK (CMSUK)

Areas of expertise

- Acquired Brain Injury
- Spinal Injury
- Complex Orthopaedic Injury
- Mental Health
- Behaviours Which Challenge
- Managing Directly Recruited Support Packages
- Complex Hospital Discharge

Current Experience

Helen is an experienced Clinical Manager supporting adults with complex rehabilitation needs following acquired brain injury, spinal cord injury, and complex orthopaedic trauma. Alongside her management responsibilities, she maintains an active caseload, working closely with clients to develop and review tailored case management plans that promote independence, choice, and goal-focused outcomes.

She is skilled in setting SMART goals with clients, ensuring that plans remain realistic, cost-effective, and responsive to changing needs. Helen works collaboratively with a wide range of professionals across the medico-legal and rehabilitation sectors to coordinate effective and cohesive support.

Helen also provides clinical supervision and guidance to case managers within the adult team, promoting high standards of practice and reflective, client-centred care.

She brings a dynamic and flexible approach to case management, recognising and adapting to the evolving needs of each individual.

Previous Experience

Young Persons' Housing Association – Supporting individuals aged 16–25 in developing independent living skills, promoting autonomy and confidence in daily living tasks.

Children's Resource Centre – Working with children with special needs, providing tailored support within a structured setting to enhance development and engagement.

Domestic Violence Unit – Offered practical and emotional support to individuals experiencing domestic abuse, helping them access safe housing and essential services.

Knowsley Metropolitan Borough Council – Operating within a multidisciplinary team, completing contact and overview assessments, and designing and implementing support packages based on identified needs.



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