



## Ashleigh Fox

Transforming Care Director | RNLD | Coach |  
Keynote Speaker | Neurodiversity Advocate

### CONTACT

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### SUMMARY

Imagine a world that harnesses the power of neurodiversity, and is built around the appreciation and inclusivity of divergent thinking.

Our world has made huge advances through different ways of thinking, and this is exactly what it will take to meet our global goals for sustainable development, especially in healthcare.

As a Learning Disability nurse by background, and having worked in the health and social care sector over 20 years, my focus has been on supporting people to live meaningful and fulfilled lives. Having worked across many organisations with differing goals and strategies both in the public and private sectors, I've experienced various care delivery models and landscapes.

We have reached a point where we need to be using creative strategies, and thinking outside the box about what great (not just good!) looks like for people with complex and diverse needs as a sector. Our aim at Catalyst Care Group is to work with people who are aligned and equally passionate about good quality, competent care and support for people.

My key area of focus is the national Transforming Care Agenda, and facilitating open conversations across the sector on how we can pull together to both support people out of long stay institutionalised care, and build capacity in the community to meet the emerging needs of our population.

Ultimately, effective collaboration is required to address our global goal to reduce inequality. None of us can do it alone, and we each hold a key piece of the puzzle.

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I also have an interest in mentoring other passionate professionals who want to make an impact, by being open, approachable and asking questions around what the future could look like, if we took action together in making a difference.

I love hearing from colleagues around the sector, so please do contact me on [ashleigh.fox@catalystgrp.co.uk](mailto:ashleigh.fox@catalystgrp.co.uk) to continue the transformation conversation!

### EXPERIENCE



#### Transforming Care Director

Catalyst Care Group

📅 2016 - Present (7 years)



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Ashleigh began her leadership journey with Catalyst Care Group 7 years ago, helping to build a family of organisations truly focused on people and their journeys – be it individuals we support, or people within our teams. She has worked to transform care, alongside the government's Transforming Care Agenda (a direct result of what happened at Winterbourne View), through providing bespoke solutions for people who have been in inpatient services for extended periods of time.

Ashleigh's area of specialism is consultancy with Integrated Care Boards and Local Authorities on developing creative solutions for people who have run out of options. Ashleigh also speaks publicly on key sector specific issues, and is a firm Neurodiversity advocate.

#### Board Clinical Advisor

Care and Support West

📅 2020 - Present (3 years)



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#### Trustee

Catalyst Foundation

📅 2021 - Present (2 years)



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#### Associate Advisor

Self Directed Futures

📅 2020 - Present (3 years)



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#### Registered Nurse, Head of Unit

Barchester Healthcare

📅 2015 - 2016 (1 year)



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Ashleigh became Head of Unit within a nursing home for people with complex spinal injuries, learning many clinical skills and gathering complex care knowledge.

#### Registered Nurse

Winterbourne View

📅 2010 (8 weeks)



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This was a career defining moment for Ashleigh as a newly qualified nurse, having been exposed to the world of Assessment and Treatment Units. It was after raising concerns at Winterbourne View that Ashleigh realised a solution needed to be found to address the issues people face in accessing our mental health subsector.

#### Student Nurse

University of the West of England

📅 2007 - 2010 (3 years)



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Ashleigh studied Learning Disability Nursing (RNLD), and qualified in 2010 making many friends along the way, and cementing her career in the care sector.

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#### Support Worker

Community Learning Disabilities Team

📅 2006 - 2007 (1 year)



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Ashleigh worked part time with the community nurses in this team, spending time understanding the care system and fully committing to becoming a qualified learning disability nurse.

#### Support Worker

Options Support

📅 2004 - 2006 (2 years)



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Ashleigh worked in the community, supporting people who had acquired challenging reputations over time on a 1:1 basis. She loved the work, and learnt a huge amount about personalisation and human rights working for Options Support.

#### Support Worker

Freeways Trust

📅 2003 - 2010 (7 years)



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Ashleigh began her journey into care as a support worker, working with older adults with learning disabilities in the Bristol area at the age of 17. It was at this time she decided a career in Learning Disabilities Nursing was the right step, loving the work she was doing and the impact being made for others through her contribution.

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